

FIELD & FORK

PROJECT DESCRIPTION

Field and Fork is a Student Farm and Garden that came to Mint Studio for a new welcome kiosk that would bring in more visitors from outside the College of Agriculture and Life Science. Our goal for this project was to create a visual system for the welcome kiosk that could be implemented across platforms that can bring in more people and is easily replicable for future use.

PROJECT BRIEF

As a group (Kirsten & Esther), we decided that a way to create a welcome kiosk that is approachable is to include a map and legend that is easily accessible to a variety of different people. In addition to the map design, we are also creating:

- » Recipe card templates
- » Tote bag designs
- » T-shirt designs
- » Crop sign layouts

Persona



Jane
Age: 33
Location: Columbia, SC

Jane is a Professor at the University of Florida. Her major in her field is biology. She has been teaching for 10 years and is looking for ways to integrate her love of nature into her work. She is also interested in the relationship between people and the world.

Goals

- Make a difference in society
- Have a career that is meaningful to the world as far as the environment
- Find a way to help the world
- Get to know more people

Motivations

- Helping people
- Love for food
- Learning about food and the food we eat
- Being a part of the community
- Being a part of the community
- Learning about the history of food

Frustrations

- Not having enough time to spend with family and friends
- Not having enough time to spend with family and friends
- Not having enough time to spend with family and friends

Hobbies

- Reading
- Cooking
- Gardening
- Traveling

Personality

Introvert

Thoughtful

Organized

Why?

- Push for more cultural diversity and diversity of majors
 - Increase participation among international students and students with more culturally diverse backgrounds
- Reach out to students outside of CALS
 - Getting different areas of study involved (ex: art students, law students, journalism students, etc.)
 - Informing more CALS students that the farm is a valuable resource for them
- Educate students more about the food pantry resource
 - Inform students who may be struggling with obtaining food that the food pantry is a great resource for them

presentation slides

Current Brand



Successes:

- Field & Fork program flyers
- Signage around the gardens

Missed Opportunities:

- Recipe cards
- Event flyers

What to learn from these materials:

- Field & Fork program flyers are a good balance between fun and practical
 - Vibrant colors and textured background paired with legible typography and close following of grid
- Signage in the gardens has a fun but straightforward visual identity
 - Use of photos in these is successful
 - There are some hierarchy issues with these signs, but the overall design is successful in creating an identity for the gardens

Target Audience

Our target audience for this design initiative is students across campus who are not necessarily already involved in CALS. Our interviews informed us that CALS students already have a fair amount of exposure to the farm and don't need to be focused on as much as students in other fields of study in order to expand its reach.

Also, there is an emphasis on bringing in a more diverse population to the farm.

Yale Sustainable Food Program



Yale University

- Brand language
 - Multi-functioning teaching farm
 - Emphasis on food topics dealing with pressing problems of global significance
 - Involves all areas of study within the university (see picture)
 - Mission: providing problem-rich environment for problem-based learning: growing "food-literate leaders"
- Visual identity
 - Clean and easy-to-read web layout
- Social identity
 - Podcast "Chewing the Fat"
 - Brings in speakers with different perspectives on food issues
 - Facebook
- Distribution
 - Produce is sold at local farmer's market

RESEARCH

Research was conducted as a group of four. For our research, we conducted interviews on volunteers and the administrators. On the first field day we conducted interviews on two volunteers, one graduate student and the farm manager. We then decided to experience first hand what the farm is like and volunteered for a day while also conducting more interviews.

Interviews

First-time Volunteer

- Very hands on, and good for people who like the outdoors. She also mentioned it is a very laid back and relaxed environment while working. The people are also very willing to help and teach you how to do different tasks. She also learned about the farm through the pantry, and wanted to help out while learning.

John

Grad Assistant

- A place where he can do what he likes doing, and complete his research. He mentions that anyone can come to the farms and learn to grow food. He mentions it is a win-win situation: "a really good place to come together, grow some good food, learn along the way, and help out people in need." In addition, he thinks it needs to be marketed as a farm more.

Liz

General Intern

- Utilizing engineering skills to contribute to the food system by designing a tractor that will spread compost. More hands on experience and outdoors, outside of the classroom environment. They have lectures, skills, tasks, and help out events and collaborations such as with Baby Gators. Mentions how they take care to produce food, and it is then donated. Collaboration with local farms and doing gleanings.

Interviews (cont.)

James

Farm Manager

- A place that provides growth, continued learning, and support. Always something happening on the farm, either class coming or an event that needs to be prepared. Important to make sure people understand why the work on farm is important.

Dina

Program Coordinator

- Increase participation among international students/culturally diverse students, and reach out to more students outside of CALS. Also letting CALS students know that the farm is a good resource for them. Educate students: the food/pantry is a resource for them.

Anna

Program Director and Campus Food Systems Coordinator

- Bring a more diverse audience to campus, and to F&F, to experience the farm and learn about sustainable food production
- Giving students hands-on opportunities to learn about their food
- Create more of a connection between the classroom and the reality of food/cultural science
- Easing the burden of food insecurity on campus and trying to find solutions for it
- Give students cooking events, recipes
- Wants to be a leading hub/university on campus. For students to come together and learn about food and have fun, put down their phone, reconnect with earth and with each other

presentation slides

Volunteering

- Tasks
 - Dabbling
 - Planting
 - Checking crop leaves for worms & squishing/killing them if
 - Weeding
- Environment
 - Welcoming
 - Working with a variety of other volunteers
 - Easy going/ conversational
 - Fun!
 - Smells like bat poop, but you get used to it.
 - Working hard/ always have a job to do
 - It just somehow puts everyone in a good mood - it's magic!
- CAUTION: FIRE ANTS!



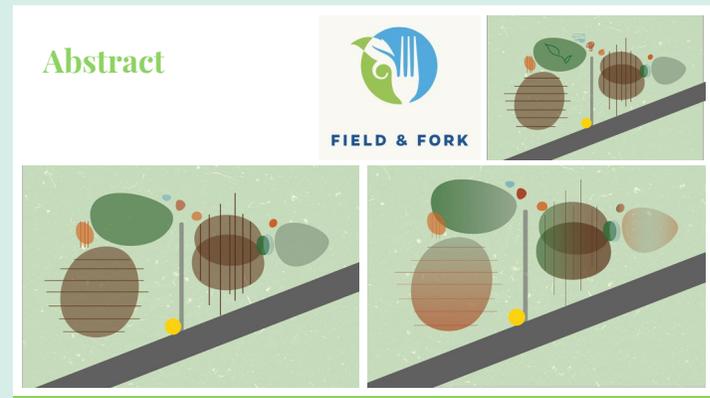
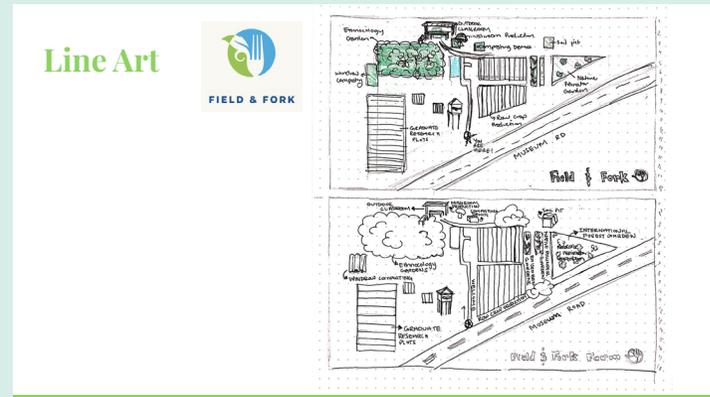
CONCEPTS

From the research, we developed 5 keywords:

- » Connection
- » Growth
- » Rich
- » Ambient
- » Giving

These keywords were then applied to two initial concepts:

- » Line Art
- » Abstract

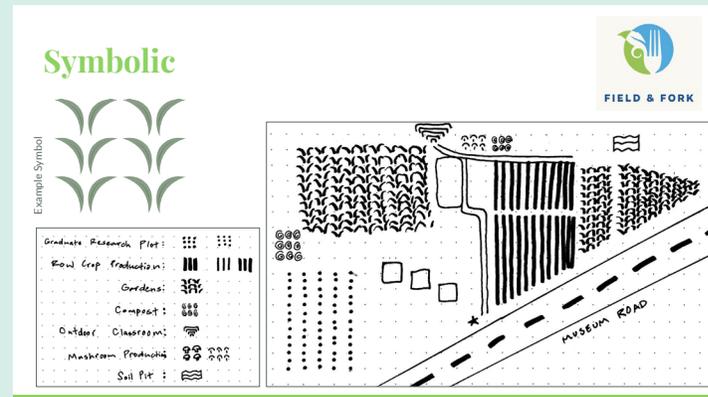


CONCEPT TRANSITIONS

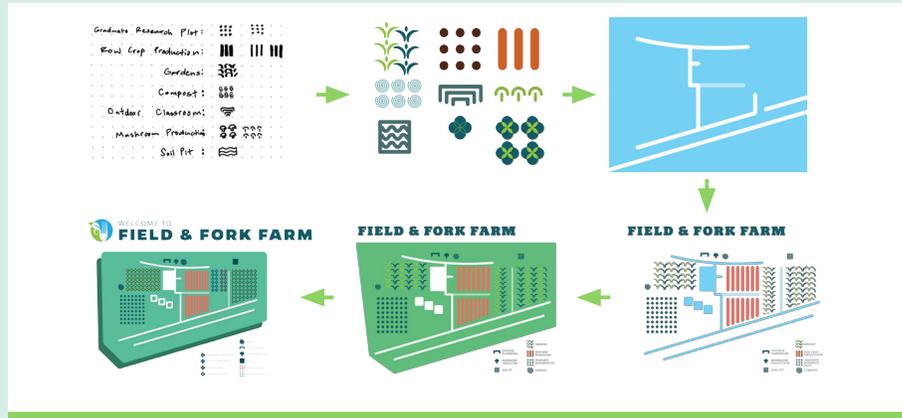
After presenting our initial two concepts, we came to the realization that these two directions were not applicable across various platforms, and were not future proof. The abstract map also posed an issue of being hard to understand and, therefore, not inviting.

We then developed two new concepts:

- » Geometric/Symbolic
- » Hand-drawn/Isometric



The development of the symbolic style is derived from the abstract style, in which we wanted to develop a set of abstract symbols that could be placed on the map and be used as symbols across platforms.



Possible Pattern Use

FIELD & FORK'S Three-Bean Salad

Ingredients:

- 1 can Green Beans, drained
- 1 can Kidney Beans, drained
- 1 can Chickpeas, drained
- 1/2 cup Red Onions, diced
- 1/2 cup Celery, diced
- 1/2 cup Carrots, shredded
- 1/2 cup Raisins
- 1/2 cup Sunflower Seeds
- 1/2 cup Dressing

Directions:

1. Heat a light mixture of oil and water to boiling.
2. Add green beans, chickpeas, kidney beans, and raisins.
3. Add peas to green beans. Cook 5 minutes.
4. Drain thoroughly.
5. Add green beans, chickpeas, kidney beans, carrots, celery, and raisins.
6. Simmer until water is evaporated.
7. Mix in beans and vegetable ingredients.

FIELD & FORK'S Three-Bean Salad

Ingredients:

- 1 can Green Beans, drained
- 1 can Kidney Beans, drained
- 1 can Chickpeas, drained
- 1/2 cup Red Onions, diced
- 1/2 cup Celery, diced
- 1/2 cup Carrots, shredded
- 1/2 cup Raisins
- 1/2 cup Sunflower Seeds
- 1/2 cup Dressing

Directions:

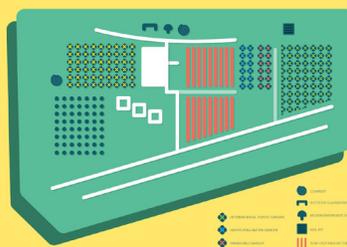
1. Heat a light mixture of oil and water to boiling.
2. Add green beans, chickpeas, kidney beans, and raisins.
3. Add peas to green beans. Cook 5 minutes.
4. Drain thoroughly.
5. Add green beans, chickpeas, kidney beans, carrots, celery, and raisins.
6. Simmer until water is evaporated.
7. Mix in beans and vegetable ingredients.





Geometric / Symbolic First Draft

WELCOME TO FIELD & FORK FARM



WELCOME TO FIELD & FORK FARM

Welcome to the field and fork gardens! The Field and Fork Mission is to provide students, faculty, staff, and visitors with the opportunity to engage in a community of collaboration and learning about sustainable food systems. If you want to learn more about our program, or are looking for resources and information on gardening, nutrition, and other food related topics, please visit - www.fieldandfork.ufl.edu.

JOIN A PARTICIPATING CLUB
 Engage in the opportunity to be the future community leader with a variety of clubs for students, faculty, staff, and visitors.

DONATE TO OUR PANTRY
 The Garden is always looking for donations of canned and fresh produce. Please contact the program manager for more information.

LIKE OUR FACEBOOK PAGE
www.facebook.com/fieldandfork/

TAKE A COURSE
 The Garden offers a variety of courses on topics such as the growing of an urban farm, food safety, and more. For more information, please visit www.fieldandfork.ufl.edu.

BECOME A SPONSOR
 The Garden is always looking for sponsors to help support our mission.

APPLY FOR AN INTERNSHIP POSITION
 The Garden is always looking for interns to help support our mission.

SIGN UP FOR A VOLUNTEER SHIFT
 There is always a need for volunteers to help support our mission. Please visit www.fieldandfork.ufl.edu for more information.

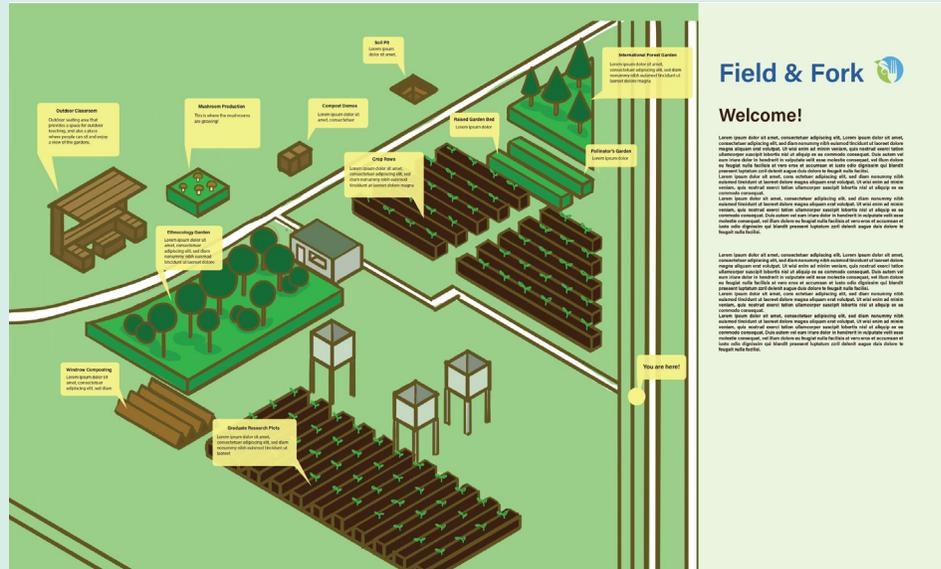
ATTEND AN EVENT
 The Garden is always looking for event sponsors to help support our mission.

FOR THE GREATER GOOD
 The Garden is always looking for event sponsors to help support our mission.

Hand-Drawn / Isometric Slides

After experimenting with the line art style, we decided we wanted to try something more modern and implement the isometric style. Since the isometric style has geometric elements, parts of the map could be transformed into icons that could be used across platforms.

Hand-drawn Isometric



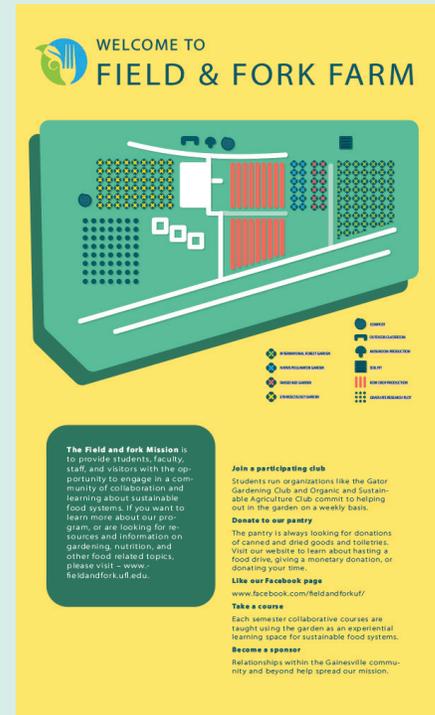
Hand-Drawn / Isometric First Draft

GEOMETRIC / SYMBOLIC STYLE

The final concept that was chosen and that we continued with is the geometric/symbolic style. From this point on, we created multiple iterations of all deliverables until we found a good balance between fun, fresh and serious.

After the initial critique on this style, the most agreed upon comment was that the type layout needs to be reconsidered and more visually appealing.

As a result, we experimented with the type layout and found that orienting the layout vertically allowed for more space for experimentation with the type.

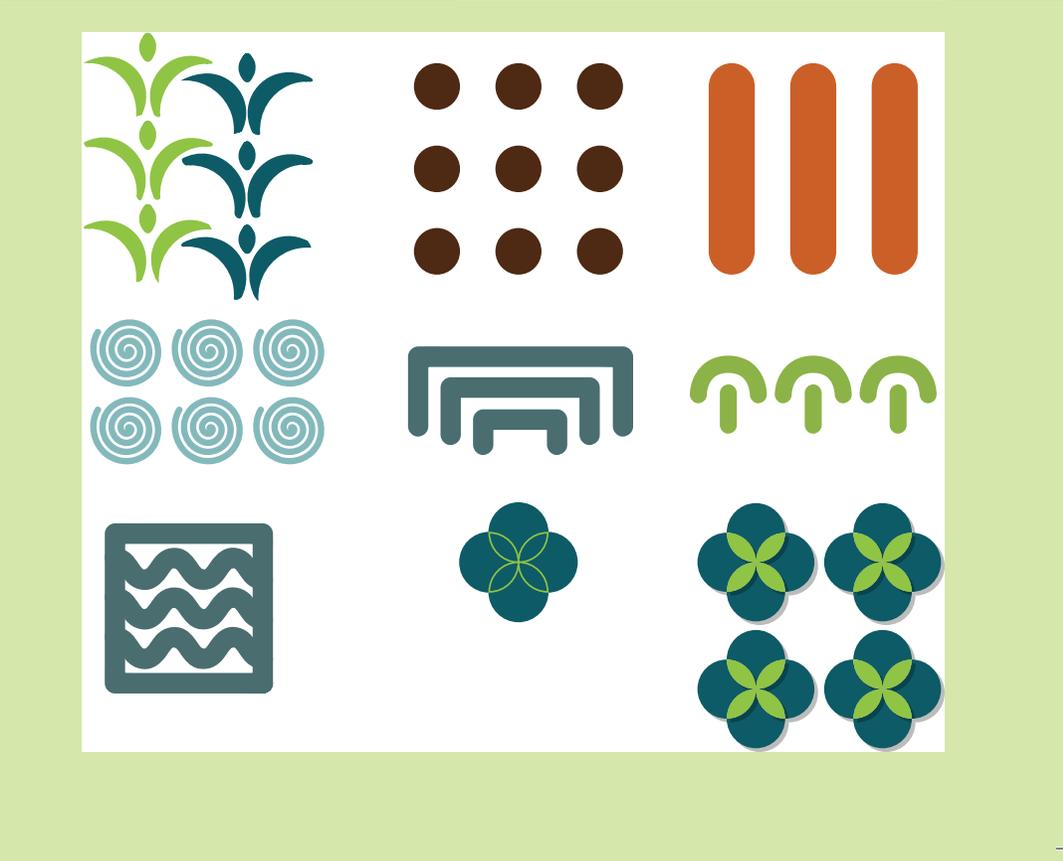


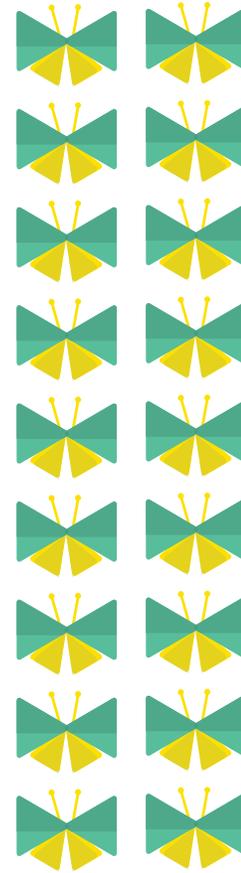
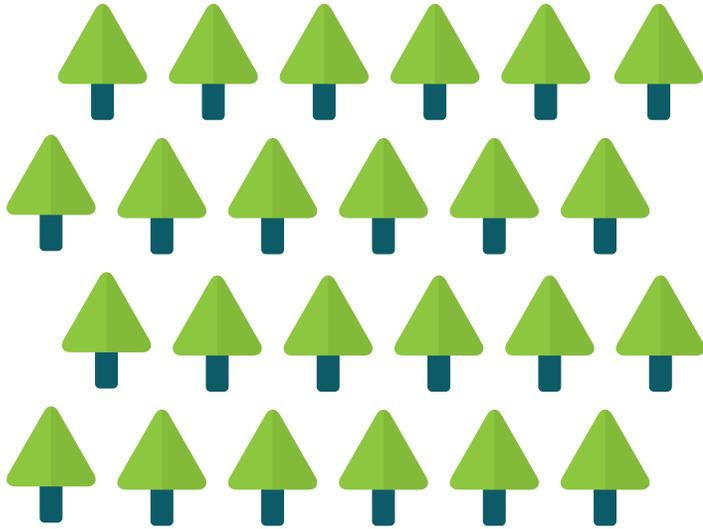
ICON EVOLUTION

The main critique we received on the map was that the icons for the Ethnology and International Forest Garden (IFG) did not represent the diversity that is present within the gardens.

Additional critiques were that the crop symbols felt too static and the overall color palette was a little dull.

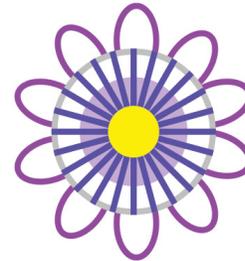
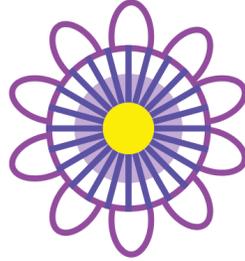
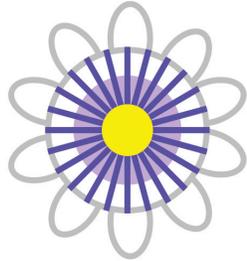
Ethnoecology/IFG First & Second Draft Icons



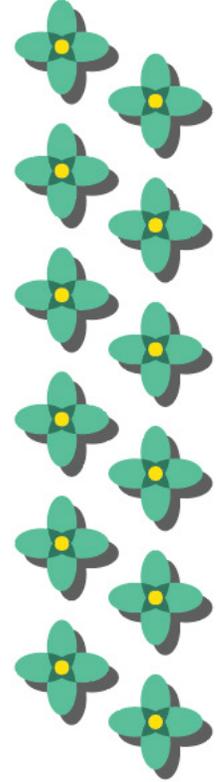
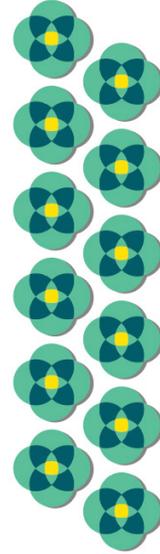
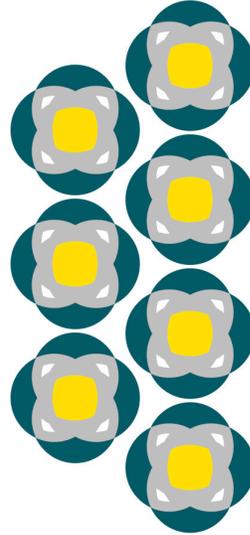
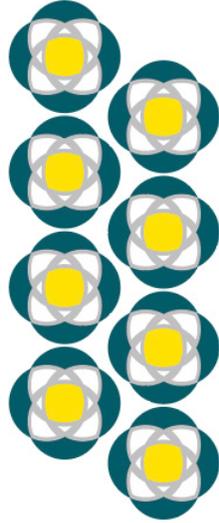
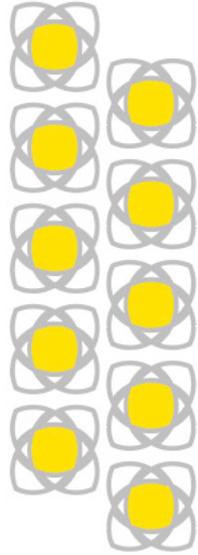
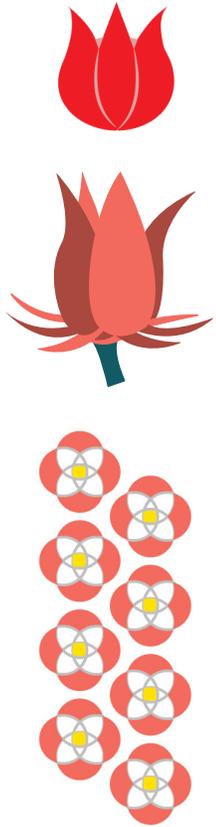


This icons are sketches for alternative options for the Ethnoecology/IFG icons that are more simplified and more representative.

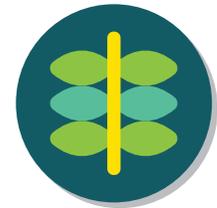
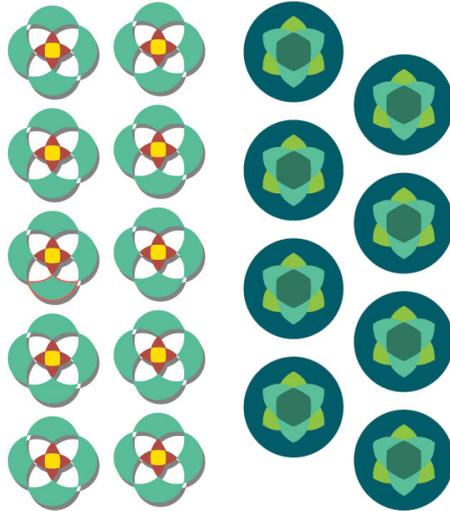
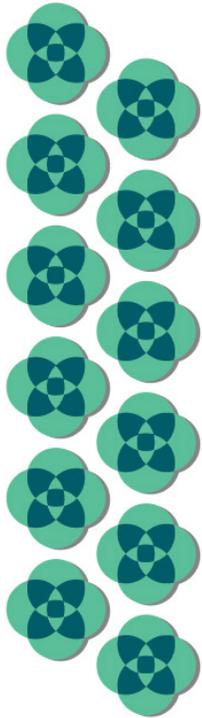
Ethnoecology/IFG New Icon Sketches



This icons are sketches for alternative options for the Ethnoecology/IFG icons that are based on the Passion Flower.



These are sketches for alternative options for the Ethnoecology/IFG icons that are transformed in a way in which a variation of colors can be applied.



These are sketches for alternative options for the Ethnoecology/IFG icons that are becoming more realistic.

FINAL ICON OPTIONS

After experimenting with the icons, we narrowed them down to three icons palettes that were presented to the client.

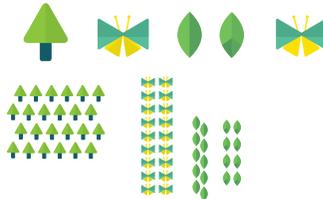
REALISTIC SYMBOLS



ABSTRACT SYMBOLS

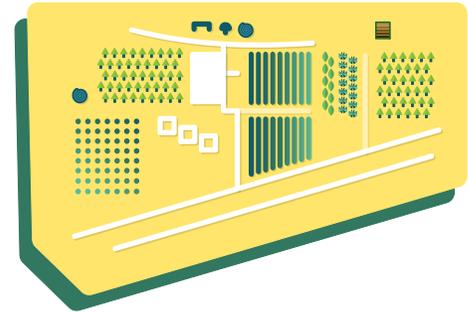


GEOMETRIC SYMBOLS

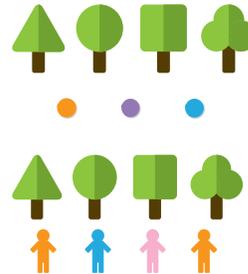


After presenting to the client, they decided they preferred the geometric symbols.

Additionally, they brought up the idea of using gradients as to make the crop symbols less static and also represent the idea of the changing of the crops throughout the year.



After presenting this map to the client, they suggested representing diversity within these new symbols.



TYPE LAYOUT EVOLUTION

The Field and Fork Mission is to provide students, faculty, staff, and visitors with the opportunity to engage in a community of collaboration and learning about sustainable food systems. If you want to learn more about our program, or are looking for resources and information on gardening, nutrition, and other food related topics, please visit - www.fieldandfork.ufl.edu.

Join a participating club
Students run organizations like the Gator Gardening Club and Organic and Sustainable Agriculture Club commit to helping out in the garden on a weekly basis.

Donate to our pantry
The pantry is always looking for donations of canned and dried goods and toiletries. Visit our website to learn about having a food drive, giving a monetary donation, or donating your time.

Like our Facebook page
www.facebook.com/fieldandfork/

Take a course
Each semester collaborative courses are taught using the garden as an experiential learning space for sustainable food systems.

Become a sponsor
Relationships within the Gainesville community and beyond help spread our mission.

Our Mission

The Field and Fork Mission is to provide students, faculty, staff, and visitors with the opportunity to engage in a community of collaboration and learning about sustainable food systems. If you want to learn more about our program, or are looking for resources and information on gardening, nutrition, and other food related topics, please visit - www.fieldandfork.ufl.edu.

Like our Facebook page
www.facebook.com/fieldandfork/

Take a course
Each semester collaborative courses are taught using the garden as an experiential learning space for sustainable food systems.

Become a sponsor
Relationships within the Gainesville community and beyond help spread our mission.

Join a participating club
Students run organizations like the Gator Gardening Club and Organic and Sustainable Agriculture Club commit to helping out in the garden on a weekly basis.

Donate to our pantry
The pantry is always looking for donations of canned and dried goods and toiletries. Visit our website to learn about having a food drive, giving a monetary donation, or donating your time.

Our Mission

The Field and Fork Mission is to provide students, faculty, staff, and visitors with the opportunity to engage in a community of collaboration and learning about sustainable food systems. If you want to learn more about our program, or are looking for resources and information on gardening, nutrition, and other food related topics, please visit - www.fieldandfork.ufl.edu.

Join a participating club
Students run organizations like the Gator Gardening Club and Organic and Sustainable Agriculture Club commit to helping out in the garden on a weekly basis.

Become a sponsor
Relationships within the Gainesville community and beyond help spread our mission.

Take a course
Each semester collaborative courses are taught using the garden as an experiential learning space for sustainable food systems.

Donate to our pantry
The pantry is always looking for donations of canned and dried goods and toiletries. Visit our website to learn about having a food drive, giving a monetary donation, or donating your time.

Like our Facebook page
www.facebook.com/fieldandfork/

Our Mission

The Field and Fork Mission is to provide students, faculty, staff, and visitors with the opportunity to engage in a community of collaboration and learning about sustainable food systems. If you want to learn more about our program, or are looking for resources and information on gardening, nutrition, and other food related topics, please visit - www.fieldandfork.ufl.edu.

Join a participating club
Students run organizations like the Gator Gardening Club and Organic and Sustainable Agriculture Club commit to helping out in the garden on a weekly basis.

Become a sponsor
Relationships within the Gainesville community and beyond help spread our mission.

Take a course
Each semester collaborative courses are taught using the garden as an experiential learning space for sustainable food systems.

Donate to our pantry
The pantry is always looking for donations of canned and dried goods and toiletries. Visit our website to learn about having a food drive, giving a monetary donation, or donating your time.

Like our Facebook page
www.facebook.com/fieldandfork/

OUR MISSION

The Field and Fork Mission is to provide students, faculty, staff, and visitors with the opportunity to engage in a community of collaboration and learning about sustainable food systems. If you want to learn more about our program, or are looking for resources and information on gardening, nutrition, and other food related topics, please visit: www.fieldandfork.ufl.edu.

Join a participating club
Students run organizations like the Gator Gardening Club and Organic and Sustainable Agriculture Club commit to helping out in the garden on a weekly basis.

Donate to our pantry
The pantry is always looking for donations of canned and dried goods and toiletries. Visit our website to learn about having a food drive, giving a monetary donation, or donating your time.

Become a sponsor
Relationships within the Gainesville community and beyond help spread our mission.

Take a course
Each semester collaborative courses are taught using the garden as an experiential learning space for sustainable food systems.

Like our Facebook page
www.facebook.com/fieldandfork/

Along with our symbols, our type layout was constantly evolving as we struggled a lot to incorporate the same fun visual language of the map into the type.

KIOSK FINAL DRAFTS

WELCOME TO

FIELD & FORK FARM AND GARDENS

Welcome, come in for a stroll!

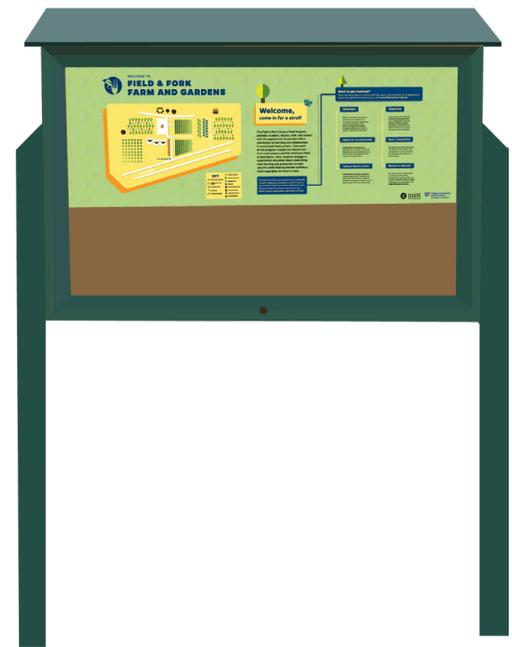
The Field & Fork Campus Food Program provides students, faculty, staff, and visitors with the opportunity to connect with a community of learning and collaboration in sustainable food systems. Core parts of this program include the Field & Fork Farm and Gardens and the Hitchcock Field & Fork Pantry. Here, students engage in experiential education about everything from farming and production to food security while helping provide nutritious, fresh vegetables to those in need.

The Field & Fork Farm and Gardens only are currently open to staff, students, and visitors. For more information, visit www.fieldandfork.org. The Hitchcock Field & Fork Pantry is open to all. For more information, visit www.hitchcockpantry.org. For more information, visit www.fieldandfork.org.

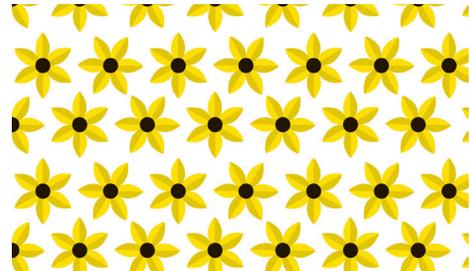
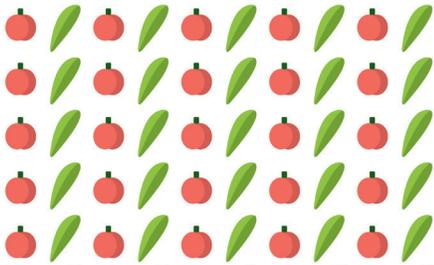
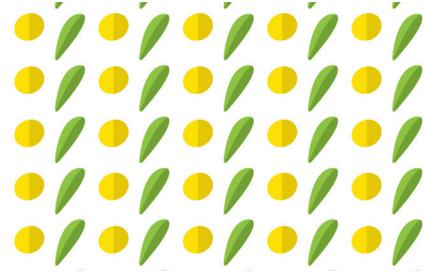
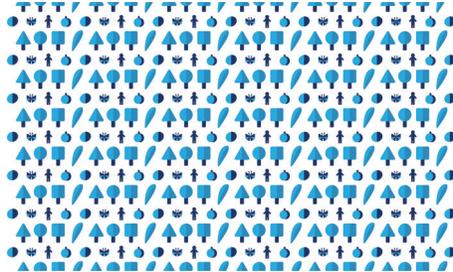
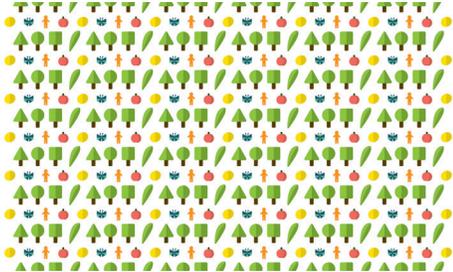
Want to get involved?
There are many ways to connect with the future and advocates of all experience health and wellness. Visit www.fieldandfork.org

<p>Volunteer!</p> <p>Help us make a difference in our community. We're looking for people who are passionate about food, sustainability, and community. You can help us grow our food, teach our students, and help us provide nutritious food to those in need.</p>	<p>Come Play.</p> <p>Join us for a fun day of learning and play. We'll have a variety of activities for all ages, including a scavenger hunt, a garden tour, and a picnic. It's a great way to spend time with your family and friends.</p>
<p>Apply for an Internship.</p> <p>Gain hands-on experience in a sustainable food system. We're looking for students who are interested in learning about food production, distribution, and food security. Internships are available for students in a variety of disciplines.</p>	<p>Host a Food Drive.</p> <p>Help us provide nutritious food to those in need. We're looking for organizations, businesses, and individuals who are interested in hosting a food drive. We'll provide you with everything you need to get started.</p>
<p>Take or Teach a Class.</p> <p>Faculty and community education can make a difference. We're looking for people who are interested in teaching about food, sustainability, and community. We'll provide you with everything you need to get started.</p>	<p>Become a Sponsor.</p> <p>Help us make a difference in our community. We're looking for organizations, businesses, and individuals who are interested in sponsoring our programs. We'll provide you with everything you need to get started.</p>

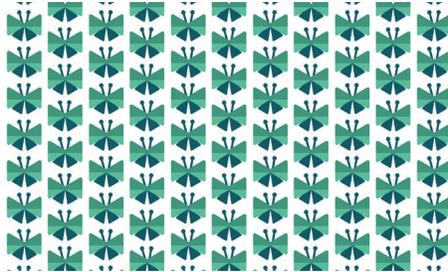
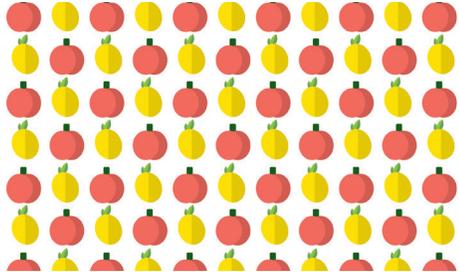
FINAL KIOSK



PATTERNS



PATTERNS (CONT.)



RECIPE CARD EVOLUTION

FIELD & FORK'S
Three-Bean Salad



Ingredients:

- 1 can Green beans, drained
- 1 can Sweet peas, drained
- 1 can Pink beans, drained
- 2 Tbsp White wine vinegar
- 1 Tbsp Olive oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 2 Tbsp Chopped tarragon

Directions:

1. Heat a 2-quart measuring cup of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add peas to green beans. Cook 4 minutes or until crisp-tender.
4. Drain in colander.
5. Add pink beans. Stir in under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK'S
Three-Bean Salad



Ingredients:

- 1 can Green beans, drained
- 1 can Sweet peas, drained
- 1 can Pink beans, drained
- 2 Tbsp White wine vinegar
- 1 Tbsp Olive oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 2 Tbsp Chopped tarragon

Directions:

1. Heat a 2-quart measuring cup of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add the peas to green beans. Cook 4 minutes or until crisp-tender.
4. Drain in colander.
5. Add pink beans. Stir in under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK'S
Three-Bean Salad



Ingredients:

- 1 can Green beans, drained
- 1 can Sweet peas, drained
- 1 can Pink beans, drained
- 2 Tbsp White wine vinegar
- 1 Tbsp Olive oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 2 Tbsp Chopped tarragon

Directions:

1. Heat a 2-quart measuring cup of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add peas to green beans. Cook 4 minutes.
4. Drain in colander.
5. Add pink beans. Stir in under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK
FARM AND GARDEN
LAWRENCE, MISSOURI
UNIVERSITY OF MISSOURI

FIELD & FORK'S
Kale and Carrot Salad with Apple



Ingredients:

- 2 lbs Curly kale, stemmed and leaves thinly sliced
- 1 can Apple cider vinegar
- 1/4 cup Extra-virgin olive oil
- 1 Tbsp Freshly ground black pepper
- 1 cup Fresh lemon juice
- 1 Tbsp Honey
- 1 Tbsp Dijon mustard
- 1/2 cup Grated parmesan cheese
- 1/2 cup Grated cheddar cheese
- 2 Slices Honey-crusted pork loin
- 2 Slices Turkey

Directions:

1. In a large bowl, massage the kale with the vinegar, 2 tablespoons of the olive oil and 1 teaspoon of salt. Let stand at room temperature for 10 minutes.
2. Meanwhile, in a medium bowl, whisk the honey and add, one ounce at a time, until emulsified, 1/4 cup of olive oil. Dress with salt and pepper.
3. Tear the salad, apple, pork, turkey and shallows with the kale. Add the dressing and toss again. Season with salt and pepper and serve.

FIELD & FORK
FARM AND GARDEN
LAWRENCE, MISSOURI
UNIVERSITY OF MISSOURI

FIELD & FORK'S
Three-Bean Salad



Ingredients:

- 1 can Green beans, drained
- 1 can Sweet peas, drained
- 1 can Pink beans, drained
- 2 Tbsp White wine vinegar
- 1 Tbsp Olive oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 2 Tbsp Chopped tarragon

Directions:

1. Heat a 2-quart measuring cup of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add peas to green beans. Cook 2 minutes.
4. Drain in colander.
5. Add pink beans. Stir in under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK
FARM AND GARDEN
LAWRENCE, MISSOURI
UNIVERSITY OF MISSOURI

FIELD & FORK'S
Three-Bean Salad



Ingredients:

- 1 can Green beans, drained
- 1 can Sweet peas, drained
- 1 can Pink beans, drained
- 2 Tbsp White wine vinegar
- 1 Tbsp Olive oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 2 Tbsp Chopped tarragon

Directions:

1. Heat a 2-quart measuring cup of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add peas to green beans. Cook 2 minutes.
4. Drain in colander.
5. Add pink beans. Stir in under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK
FARM AND GARDEN
LAWRENCE, MISSOURI
UNIVERSITY OF MISSOURI

FIELD & FORK'S
Three-Bean Salad



Ingredients:

- 1 can Green beans, drained
- 1 can Sweet peas, drained
- 1 can Pink beans, drained
- 2 Tbsp White wine vinegar
- 1 Tbsp Olive oil
- 1/4 Tsp Salt
- 1/4 Tsp Pepper
- 2 Tbsp Chopped tarragon

Directions:

1. Heat a 2-quart measuring cup of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add peas to green beans. Cook 2 minutes.
4. Drain in colander.
5. Add pink beans. Stir in under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK
FARM AND GARDEN
LAWRENCE, MISSOURI
UNIVERSITY OF MISSOURI

RECIPE CARD FINALIZED

RECIPE ICONS



FIELD & FORK'S
Three-Bean Salad

Ingredients:

1 can	Green beans, drained	2 Tbsp	Olive oil
1 can	Sweet peas, drained	1/4 Tsp	Salt
1 can	Pink beans, drained	1/4 Tsp	Pepper
2 Tbsp	White wine vinegar	2 Tbsp	Chopped tarragon

Directions:

1. Heat a 3-quart saucepan of salted water to boiling.
2. Add the green beans. Cook 4 minutes or until crisp-tender.
3. Add peas to green beans. Cook 2 minutes.
4. Drain in colander.
5. Add pink beans. Rinse under cold water until cool. Drain again.
6. Whisk white wine vinegar, olive oil, salt, and pepper in a bowl.
7. Stir in beans and chopped fresh tarragon.

FIELD & FORK'S
FIELD AND FORK SALAD CATERING
www.fieldandfork.com

FIELD & FORK'S
Kale and Carrot Salad with Apple

Ingredients:

2 lbs.	Curly kale, stemmed and leaves thinly sliced	1 Tbsp	Honey or teaspoon sugar
2 Tbsp	Apple cider vinegar	1	Medium carrot, julienne
1/4 cup	Extra-virgin olive oil	1	Granny Smith apple, peeled and julienned
1 Tbsp	Finely grated lemon zest	1 cup	Peeled and julienned rutabaga or other root vegetable (Beets turnips work well)
1/4 cup	Fresh lemon juice	2	Scallions, thinly sliced
1 Tbsp	Soy sauce		Kosher salt & Pepper

Directions:

1. In a large bowl, massage the kale with the vinegar, 2 tablespoons of the olive oil and 1 teaspoon of salt. Let stand at room temperature for 30 minutes.
2. Meanwhile, in a medium bowl, whisk the lemon zest and juice, soy sauce, syrup and remaining 1/4 cup of olive oil. Season with salt and pepper.
3. Toss the carrot, apple, root veggie, and scallions with the kale. Add the dressing and toss again. Season with salt and pepper and serve.

FIELD & FORK'S
FIELD AND FORK SALAD CATERING
www.fieldandfork.com

T-SHIRTS



FINAL



TOTE BAGS



FINAL TOTE BAGS



CROPS SIGNS FINAL

