



ABOUT PHILADELPHIA ORCHARD PROJECT

Imagine a Philadelphia where every community regardless of location or wealth has access to fresh, healthy fruit grown right in the neighborhood. . .

The Philadelphia Orchard Project plants and supports community orchards in the city of Philadelphia. Since 2007, POP has worked with community-based groups and volunteers to plan and plant orchards filled with useful and edible plants in neighborhoods across the city. POP provides orchard design assistance, plant materials, and training in orchard care. Community organizations own, maintain, and harvest the orchards, expanding community-based food production. Orchards are planted in formerly vacant lots, community gardens, schoolyards, and other spaces, primarily in low-wealth neighborhoods where people have limited access to fresh fruit.

To learn more about planting events, work days, classes, and harvests throughout the year, visit www.phillyorchards.org

ORCHARD BENEFIT 2018

Celebrating 11 years of planting & supporting community orchards

Recipes, plant profiles, and highlights of local Philadelphia food producers

Curated by Philadelphia Orchard Project, Fikira Bakery & foodeveryonedeserves





CULINARY COLLABORATORS

Fikira Bakery was founded in 2015 by Ailbhe Pascal in so-called "Philadelphia," occupied Nitapekunk Leanpehoking. Fikira is Thoughtful Food; delicious and deliberately political. Fikira makes sweets and meals alike, putting righteous ingredients in the oven, and offering the finished yums for barter, fair sale, or donation. We also publish radical recipe books (like this on!), teach bread making workshops, and collaborate around town. Find #FikiraBakery on Facebook and Instagram to keep up with our work.

In the autumn of 2013 in Austin, TX, a week of volunteer cooking turned into a community based catering project called **foodeveryonedeserves (f.e.d.)**. f.e.d. is about providing flexible menu options to help facilitate and foster the work happening within various communities. Contact foodeveryonedeserves@gmail.com for catering inquiries!

SPECIAL THANKS TO OUR SPONSORS

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STATESIDE
URBANCRAFT
— VODKA —

**PHILLY
FOODWORKS**

Sign up for PFW's online farmers market using the code 'POP' and receive \$15 off your first purchase. PFW will donate \$15 to POP for every person who signs up!

ORIGINAL XIII
CIDERWORKS



Since the Philadelphia Orchard Project's founding in 2007, we've worked alongside tens of thousands of volunteers in 61 partner sites across the city to realize the vision of a fruitful urban landscape -- filled with fruiting trees, shrubs, perennial herbs, and pollinator gardens.

In 11 years of doing this work, we've seen the growth of these orchards as sites where city residents of all ages and backgrounds could not only cultivate nutritious food, but also be actively involved together in the beautification and restoration of habitat for all species.

Community orchards exist as places of education, connection, refuge, and hope, where through the growing & sharing of food, communities tend new ground to realize shared humanity. We are grateful to work alongside so many other incredible organizations and individuals throughout the city dedicated to building healthy soil, food, and communities.

We couldn't serve without the many partners, volunteers, and community members who have supported our work from the very beginning and all along the way. Thank you for supporting this collective vision and dedication toward growing fruitful futures!

-- The Philadelphia Orchard Project

Follow our growth through Facebook and Instagram
@philyorchards



SPOTLIGHT ON FIGS (FICUS CARICA)



An easy-to-cultivate fruiting shrub for urban dwellers!

Figs are one of POP staff's unanimous favorites to plant and eat! Not only because of their sweet, sumptuous flavor and seedy crunch, but also because they are **one of the easiest fruiting plants to care for** as urban dwellers - whether planted in the ground, or grown from a large bucket or container. In fact, ***figs are one of the only plants we feature at nearly every POP orchard site!***

Figs can be eaten fresh, dried, or turned into a nice preserve! They are a good source of calcium, fiber, iron, copper, potassium and vitamins A, E, and K.

Native to temperate regions of Asia and Turkey but adaptable to a range of growing conditions, figs are easy to care for -- aside from some **seasonal winterizing**. They require little pruning and propagate easily from branch cuttings! **Some of our favorite cold-hardy varieties include: Celeste, Takoma Violet, Brooklyn White, and Chicago Hardy.**

Care tip: Just like us, figs are **cold-sensitive** and require some winter protection to make it through, being a plant of the Mediterranean. When temperatures begin to dip, wrap your figs with landscape fabric, old rugs or sheets, or surround with fencing or wire stuffed with leaves. If hit by a harsh freeze, prune hard-hit branches back to the base in the spring. **Established figs regenerate very well!**

Harvest tip: Fig varieties ripen in different colors and at different times - mostly in late summer and autumn. Fruit should be tender-to-the-touch and will bend on its stem when it's reaching max ripeness.

Culinary tip: pairs well with buttery breads, roasted root vegetables, balsamic, goat and aged cheeses, nuts & poultry.

CONTRIBUTORS AND COLLABORATORS

AILHBE PASCAL

Ailbhe Pascal is a sing-songy queerdo who bakes up anti-colonial schemes and cooks up culinary dreams. Founder of Fikira Bakery and partner chef to foodeveryonedeserves (f.e.d), AI is steeped in the just food world of Philadelphia. Fikira Bakery offers pay-what-you-wish bread subscription services, workshops, and more throughout the year. Learn how to get involved at www.FikiraPhilly.com

ALYSSA SCHIMMEL

Alyssa Schimmel is an herbalist, gardener, teacher, and medicine-maker whose work is deeply situated in understanding the healing relationship between body, community, and earth. She serves as Education Director for the Philadelphia Orchard Project, overseeing the School Orchard Program and facilitating community partnerships. She offers community classes in orchard care, wild food I.D. and use, herbal healing, and embodiment. In Winter 2019, she will be launching a 12-class Wild Foodies: Wild Wisdom class series at Awbury Arboretum. She can be reached at alysa@phillyorchards.org

J.A. HARRIS

J.A. is a Black, Queer, femme cook who most recently lives and resides in Philadelphia, PA. Her project, foodeveryonedeserves, strives to fuel the important work of community building by providing radical organizations, businesses, & individuals with flexible & alternative food options for events and everyday living. When she's not cooking, J.A. can be found hamming it up at local karaoke nights or snuggling with her beasts at home. Follow [fedcatering](#) on Instagram to keep up with her foodstuffs!

EVERYBODY COLORS: COLOR YOUR WORLD!

Healthy food starts with healthy soil! Explore the wondrous living ecosystem contained within one teaspoon of healthy soil! Soil provides plants structure, nutrients, oxygen, and root support to grow strong!



By **Bri Barton** // **Everybody Colors** from *Everything Dies!*
A Coloring Book About Life, <https://everybodycolors.com>

FIKIRA BAKERY: VEGETARIAN TAJINE RECIPE

YIELD: 6 dinner servings
(1 full **Miki Palchick** /
Clay Kitchen Studio tajine!)

PREP TIME: 45 minutes

COOK TIME: 45 minutes

SPICES:

- 5 cloves
- 1 cinnamon stick
- 3 garlic cloves, minced
- 2 inches fresh ginger, minced
- 1 inch fresh turmeric, minced
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- ½ tsp ground black pepper
- 1 ½ tsp coarse kosher salt

FRUITS & VEGETABLES:

- 2 c carrots, ½ inch cubes
- 2 c sweet potatoes, 1 inch cubes
- 1 c turnips, peeled, ¾ inch wedges
- 2 c cremini caps, 1 inch pieces
- 1 sliced lemon, peels on
- 1 ½ Tbsp tomato paste
- 1 c raisins
- 1 c dried figs and/or apricots, quartered

SERVED WITH:

- 10 oz. couscous, cooked in vegetable broth or steamed in couscouserie
- **Tfaya (caramelized onion sauce, recipe follows)**
- 6 Hard-boiled eggs
- ½ c toasted almonds and/or chickpeas
- ½ c finely minced fresh cilantro, mint, and chives



FIKIRA BAKERY: VEGETARIAN TAJINE RECIPE

PREPARATION:

- Bring a small skillet to medium heat, and pour 3 tablespoons of olive oil. Toast coriander and cumin seeds with fresh ginger about 2 minutes. Cool.
- In a small bowl, thin tomato paste into 2 c warm water, and mix in all spices (incl. those just toasted).
- In the base of the tajine, toss fruits and vegetables, then cover with spiced tomato sauce.
- Place lid on tajine and place on the bottom rack of your oven (which at this point should be cool, not turned on yet).
- Set oven to 350° F (175° C). Once at temp, set a timer for 30 minutes.
- **While tajine is cooking, prepare tfaya (recipe below).**
- Once tfaya is set to simmer, boil broth for couscous. (For every cup couscous, 1½ c broth + 1 tsp cinnamon. Boiling water can be used if no broth is available.)
- Check vegetables for doneness. When ready, turn off oven and pour out tajine contents in large bowl. Fill emptied base with couscous, and make large pool in the center. Fill that pool with tajine vegetables.
- Douse dish in tfaya, sprinkle with almonds and fresh herbs. If not vegan, serve with hard boiled eggs.



TFAYA:

- 4 Tbsp. olive oil
 - 4 Tbsp. honey or sugar
 - 1 c. yellow onion, thinly sliced
 - 2 ts. ground turmeric
 - 2 ts. ground ginger
 - 2 ts. ground cinnamon
 - 1 ts. sea salt
- In small sauce pan, melt honey or sugar in olive oil on medium heat for 1 minute.
 - Add onions to syrup base, cover with spices and 1 cup of water.
 - Place lid ajar on pan, leaving on medium heat, and let cook down for 20-30 minutes, until the syrup is gooey (not runny) and the onions are caramel.

F.E.D. BLACKBERRY HERB DRESSING - RECIPE

YIELD: 1 cup of dressing
PREP TIME: 5 minutes

INGREDIENTS:

- 1/2 pint of fresh blackberries, chopped. Reserve any liquids for dressing.
- 1 garlic clove, minced
- 1 shallot, minced
- 1/4 cup of chopped, mixed herbs, preferably fresh (consider any combination such as basil, mint, shiso)
- 1 dried chile
- 3 tablespoons of white balsamic vinegar
- 3 tablespoons of extra virgin olive oil
- salt and pepper to taste

PREPARATION:

- Put all of the dry ingredients into a bowl.
- Add vinegar and whisk in oil.
- Let sit for 20 minutes or more before using.

NOTES:

- This dressing can be made using an immersion blender or food processor as well.
- Frozen blackberries can be substituted for fresh, just thaw and drain before using.
- Pickle brine is a fun substitute for the vinegar, or try watermelon pickle brine for a variation!
- Serve atop mixed greens, grain dishes. Get creative!



BERRY POWER: ANTIOXIDANT-RICH FRUITS

Deeply pigmented orchard fruits that pack a nutritional punch!

These 3 fruits popular in POP orchards share an important compound in common: **anthocyanins**, a water-soluble pigment in dark purple, black, and blue fruits with demonstrated ability to fight free radical damage!



BLACKBERRY (RUBUS FRUTICOSUS, RUBUS SPP.)

With several different species native to northern temperate regions across the globe (including PA), the blackberry is a trailing, perennial bramble with dark, sweet-tart fruit ripening July - Aug. Harvest when the berries are fully dark and pull freely from the plant without a yank. Berries do not ripen after being picked! Loaded with vitamin C, soluble and insoluble fiber!



ELDERBERRY (SAMBUCUS CANADENSIS)

A native fruiting shrub common to hedge rows and an easy-to-care-for orchard plant. Elder produces flower-heads of delicate cream blooms in early spring that can be eaten or dried and made into a soothing tea, and drupes of dark purple berries that ripen late summer. Berries should be cooked before eating, mildly poisonous when raw. A syrup made from the berries is a popular flu-fighting remedy.



CHOKEBERRY (ARONIA MELANOCARPA, A. ARBUTIFOLIA)

Chokeberries have the highest antioxidant level of any temperate fruit AND it's native to our region! Aronia is an exquisite ornamental and fruiting shrub that produces deep red foliage in the fall and astringent berries that ripen in late summer to fall. While the flavor of the berries plucked fresh off the bush leaves much to be desired, they produce incredible jams, syrups, and wines with a little sweetening!

LOCAL ANALOGUES


Every winter/spring, POP hosts a 4-part series of classes called **POPCORE: Community Orchard Resilience Education** intended to grow the knowledge, skill set, and self-reliance of our community orchard partners and volunteers. The series combines elements of orchard stewardship, ecosystem design, and food uses that POP has learned over the past 11 years. In **POPCore 3: Orchard Plants, Fungi, and What To Do With Them**, we cover some unique culinary and medicinal applications of plants and fungi we cultivate in the orchards & commonly find in our bio-region that can be used as **local flavor analogues** for those that exist from far away.

Fikira Bakery & POP developed this partial list of ingredients that can be used as an entry point to exploring what flavors may be accessed locally, sustainably. No plant is replaceable by another, but the culinary traditions we carry with us can help us appreciate what bounty surrounds us.



 *Found in POP Orchards*

As with any new-to-you fruit / herb -- do your own research and start slow to determine if you can safely incorporate it into your diet or dish! Some plants require cooking or preparation to eat. Every stomach is different - listen to your body! *


TROPICAL FRUIT FLAVORS

- **Paw paw** (*Asimina triloba*) ~ **Banana / Mango** 
- **Magnolia Fruit** (*Magnolia grandiflora*, *M. virginiana*) ~ **Tamarind**
Fikira's AI says when the fruit is boiled down it produces a sour condiment that lends itself well to curry

CITRUS / SOUR FLAVORS

- **Trifoliate orange, aka "Flying Dragon fruit"** (*Citrus trifoliata*) ~ **Lemon**
Juice does not keep well. 
- **Rose hips** (*Rosa spp.*) ~ **Orange Peel**
Harvest the hips in winter, cut in half, de-seed and spoon the fuzz out before drying the fruit. 

COFFEE / ROASTED FLAVORS

- **Chicory** (*Cichorium intybus*) & **Dandelion root** (*Taraxacum officinale*) ~ **Coffee**
- Harvest roots in early spring / late fall and roast in oven until brown. When added to hot water makes a coffee-like drink (no caffeine, but the alkalizing kick is there) 

FLORAL / AROMATIC

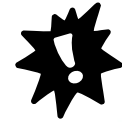
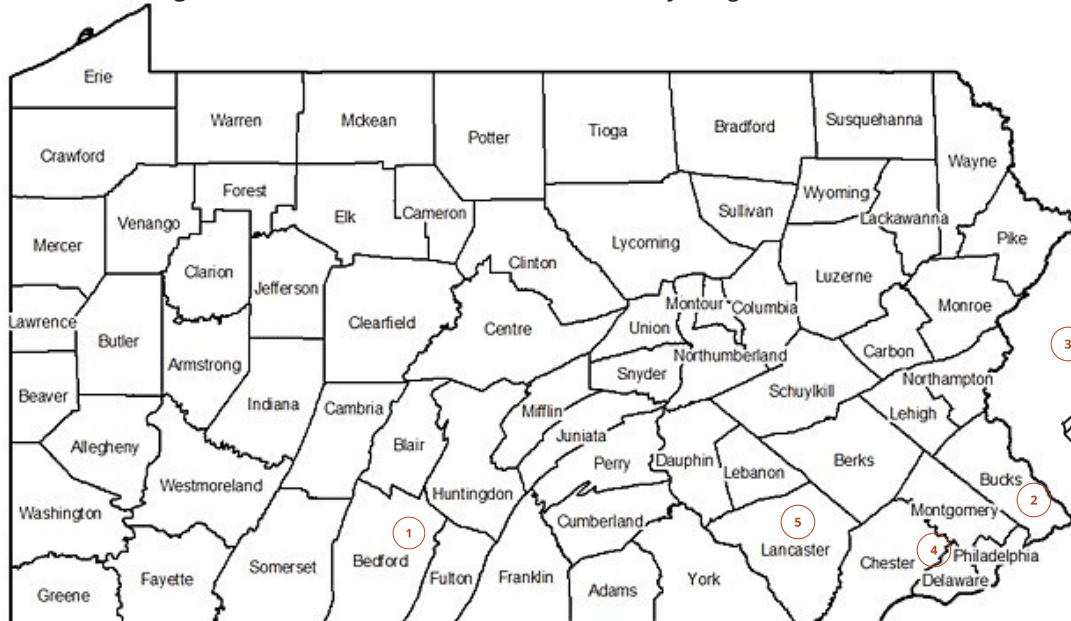
- **Clematis** (*Clematis virginiana*) ~ **Jasmine** (both are white, fragrant blossoms that are delicious in tea)
- **Sassafras bark** (*Sassafras albidum*) ~ **Cinnamon scrolls** (use in small amounts, and avoid if you have a history of liver disease)

FROM OUR PRODUCERS, TO YOUR PLATE: SOURCING & CELEBRATING REGIONAL, SEASONAL FOOD

🍴 Thank you to the growers, cultivators, producers, brewers, volunteers, & tenders who made this meal possible! 🍴

- 1 **Mill Creek Farm:** 4901 Brown St, Phila., 19139, millcreekurbanfarm.org (vegetables) 🍎
- 2 **Sankofa Community Farm at Bartram's Garden:** 54th & Lindbergh Ave, Phila., 19143, m.me/sankofacommunityfarm (garlic, peppers) 🍎
- 3 **Philadelphia Beekeepers' Guild:** 1 Awbury Rd, Phila., 19138, phillybeekeepers.org (honey)
- 4 **South Philly Barbacoa:** 1140 S 9th St, Phila., 19147, southphillybarbacoa.com (masa made locally with corn grown at **Culton Organics** in Lancaster, PA)
- 5 **Primal Supply Meats:** 1538 E Passyunk, Phila., 19147, primalsupplymeats.com (chicken sausage)
- 6 **Greensgrow Community Farm:** 2501 E Cumberland, Phila., 19125, greensgrow.org (herbs)
- 7 **Philly Foodworks:** 2901 W Hunting Park Ave, Phila., 19129, phillyfoodworks.com (produce, eggs from multiple suppliers)
- 8 **Weckerly's:** 9 W Girard Ave, Phila., 19123, weckerlys.com (ice cream)
- 9 **Original 13 Ciderworks:** 1526 N American St, Phila., 19122 (cider)
- 10 **Federal Distilling:** 1700 N Hancock St, Phila., 19122 (vodka)

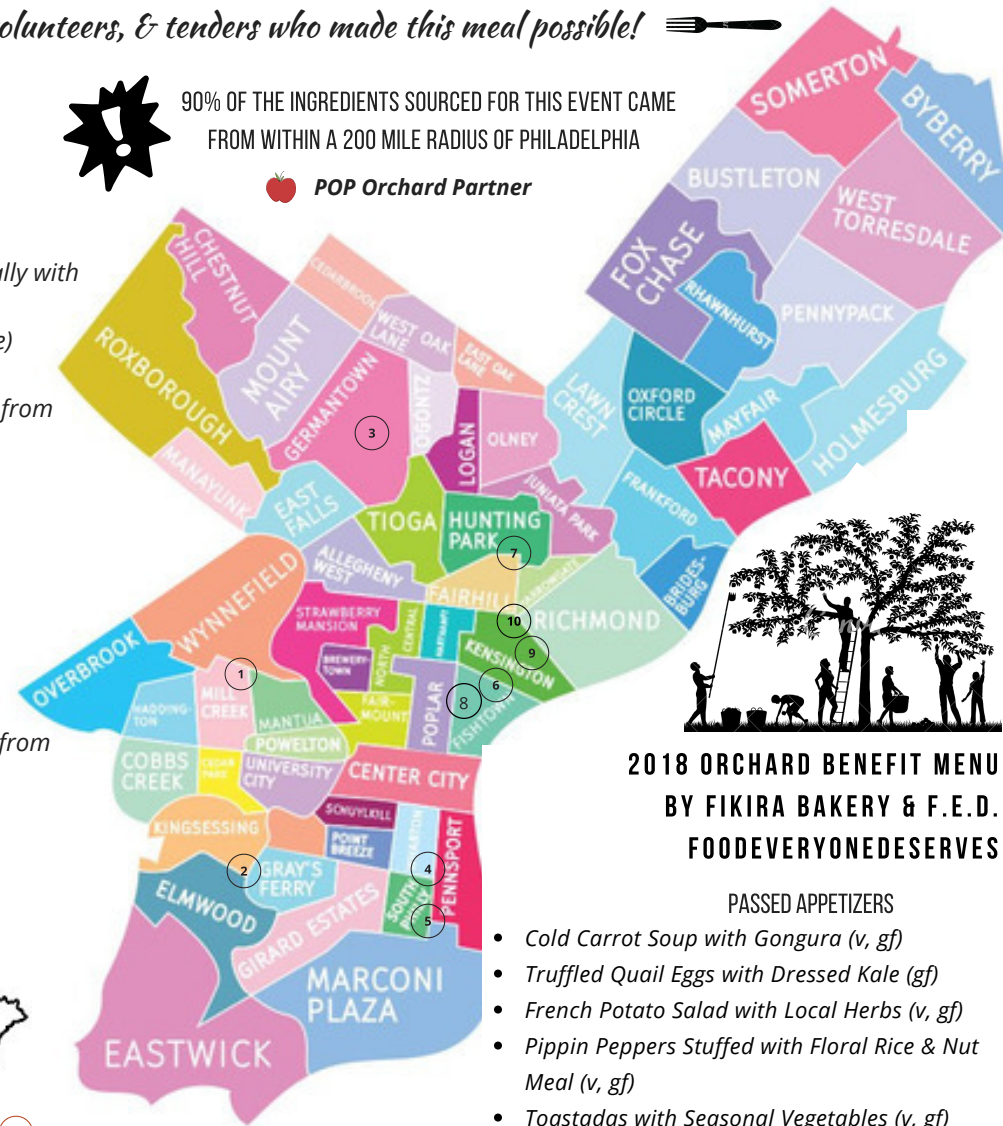
- 1 **Hidden Hills Creamery:** Everett, PA, 15537, hiddenhillsdairy.com (cheese)
- 2 **Green Zameen:** Perkasio, PA, greenzameen.wordpress.com (herbs)
- 3 **Griggstown Quail Farm:** Princeton, NJ, 08540, griggstownfarm.com (quail eggs)
- 4 **True Love Seeds:** Edgemont, PA, trueloveseeds.com (pippin peppers, tomatoes, & more)
- 5 **Lancaster Farm Fresh Co-Op:** Lancaster, PA, 17603, lancasterfarmfresh.com (produce sourced from **Gobbler's Ridge** in Providence, PA, & **Retland Farms** in Gettysburg, PA)



90% OF THE INGREDIENTS SOURCED FOR THIS EVENT CAME FROM WITHIN A 200 MILE RADIUS OF PHILADELPHIA



POP Orchard Partner



2018 ORCHARD BENEFIT MENU BY FIKIRA BAKERY & F.E.D. FOODEVERYONEDESERVES

PASSED APPETIZERS

- Cold Carrot Soup with Gongura (v, gf)
- Truffled Quail Eggs with Dressed Kale (gf)
- French Potato Salad with Local Herbs (v, gf)
- Pippin Peppers Stuffed with Floral Rice & Nut Meal (v, gf)
- Toastadas with Seasonal Vegetables (v, gf)

SMALL PLATES

- Root Vegetable Tajine with Poached Figs (v)
- Sausage & Peppers with Herbed Applesauce (gf)
- Phyllo Tart with Paw Paw Chutney & Aged PA cheese
- Mixed Green Salad with Blackberry Herb Dressing (v, gf)

DESSERTS

- Basbousa Honey Cake with Red Wine Soaked Pears
- Coffee Cake (gf)

