



# Garden Summer Rolls

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## RECIPE

Harvest: Carrot, Cucumber, Lettuce, Basil, Scallion, Edible Flowers  
Servings: 12

### Supplies

- Flat Plates or trays with edges for dipping rice wraps in shallow water
- Colander and kitchen towels for washing veg
- Cutting board & Knives
- Mixing bowls
- Plates, forks and napkins for assembling and serving
- Small bowls or dressing cups for dipping sauce
- Mason Jar or small bowl and whisk for mixing sauce

### Ingredients

- Garden Veggies:
  - lettuce and/or cabbage, diced
  - carrot, cucumber, sweet bell peppers, summer squash, sliced in thin crunchy strips
- Avocado and/or Tofu, cut in strips (optional)
- Garden herbs, alliums, & edible flowers:
  - scallion, chive or spring onion tops
  - cilantro, basil, parsley, mint, destemmed
  - nasturtium, calendula, sunflower petals, borage, viola
- Rice noodles (optional; cook w/ boiling water & stir, toss in some of the sesame oil & cool before assembly)
- 30 sheets rice paper (check packaging for amounts; count for 1 extra pp in case they rip)
- Dipping Sauce:
  - 1.5 cups nut or seed butter
  - ¼ cup soy sauce, tamari or coconut aminos
  - ¼ cup lime juice
  - 1/2 cup water (to thin)
  - ¼ cup honey
  - 2 cloves garlic, grated
  - Scallion tops (sliced thin, to garnish)

## Directions

- Follow ingredients list above to harvest and prep vegetable fillings.
- Mix all of the sauce ingredients by shaking them in a mason jar with a tight-fitting lid, or mix in a bowl with a whisk. Season to taste and add more soy sauce, honey or acid if needed. For the nut/seed butter sauce, thin with water as needed.
- Arrange your prepared fillings in bowls or plates and create an assembly line.
- Fill a shallow pan or plate with water to rehydrate the rice papers. Keep a clean dish towel nearby. Place one rice paper in the water and let it rest for about 20 seconds, give or take. Wait until the sheet is pliable but not super soggy. Carefully lay it flat on a paper plate. Leaving about 1 inch of open rice paper around the edges, add filling, starting with lettuce or cabbage and a few strips of vegetables, scallion and a generous amount of herbs. The amount of fillings will determine the size of the roll and whether it sticks together.
- Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients. Eat the summer rolls right away with sauce on the side.

## Notes

- Have prep stations set up for students after harvest and then clean up the table before setting up an assembly line/buffet for people to mix and match fillings to make their own rolls. Best to have dipping sauce portioned in individual cups with spoons if possible.
- You can use a vegetable peeler to peel strips of carrots and other hard veggies instead of slicing them into matchsticks.
- If you don't have rice paper wraps, you can also follow the same recipe for lettuce or cabbage cups, or rice noodle bowls with vermicelli.
- Seasonal variations: a Spring version of this recipe can be made with garden harvests such as snap peas, cilantro, pea shoots, lettuce and radishes.
- ALLERGY SUBSTITUTIONS:
  - Coconut aminos may be used instead of soy
  - Sesame (tahini) or sunflower seed butter may be used instead of peanut or other nut butters for the sauce.

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*Recipe created for The School Garden Network's  
Cooking from the Garden Program.*

