



**SUSTAINABLE**

**COOKBOOK**

**for Nature Lovers**

**By #greenbeanguru project**



Texts and layout: Joint effort of participants in the project  
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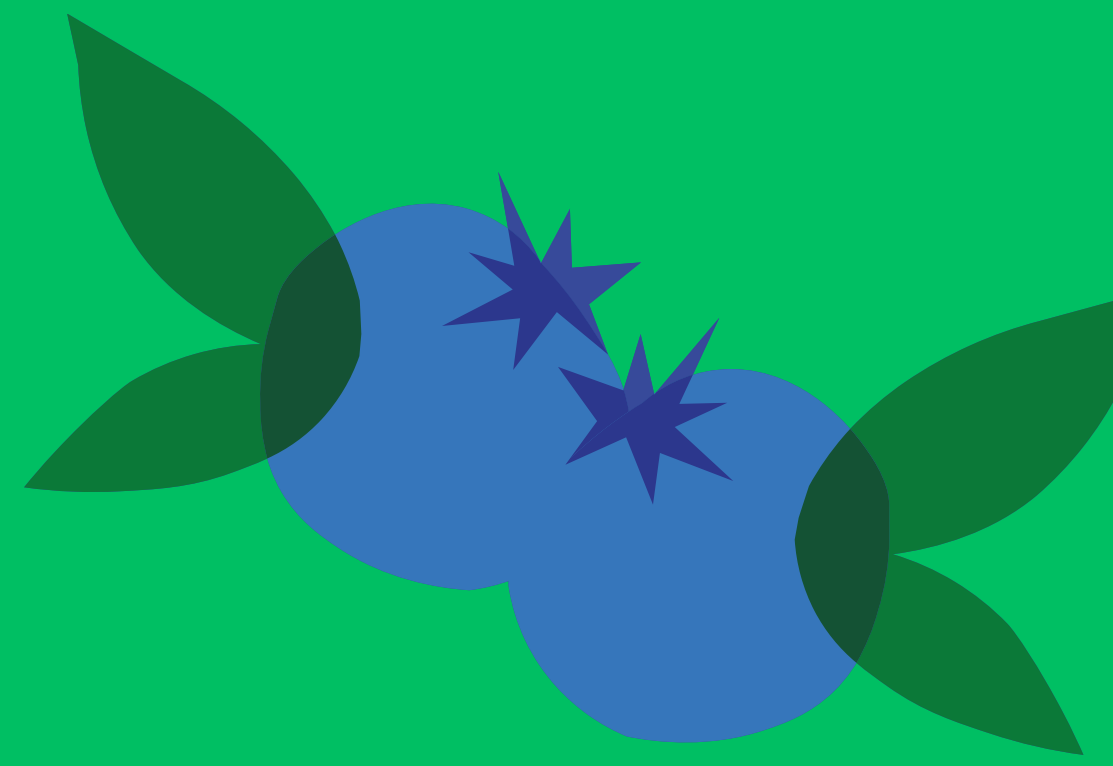
#greenbeanguru project  
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Co-funded by European Union 2024



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This cookbook has been produced as part of an Erasmus+ funded #greenbeanguru project. The project invited young scouts from Turkey, Malta, Greece, and Finland to the southern Turkey for one week in October 2024 to learn about sustainable food and to explore together how it can be promoted in everyone's own life.

The cookbook is divided in two parts:

- 1) Dishes with ingredients foraged from nature
- 2) Dishes reducing food waste

These recipes have been discovered, further developed and some of them even cooked by the project participants before or during the week they spent in Turkey together.

The cookbook also consists of exercises which were used during the project to explore sustainable food and can be used as an inspiration in other groups as well.

We warmly welcome you to enjoy recipes we have collected!

Best regards from scout groups

The Lykia Scouting and Nature Lovers Cultural Association  
LIDOS (Turkey)

The Scout Association of Malta (Malta)

16th Scout Group of Thessaloniki (Greece)

Porvoon polunlöntäjät & Meripartio Pooki (Finland)



# What did we learn about sustainable food?

During the #greenbeanguru project we actively discussed and explored what sustainable choices can all of us make. Here are some of our findings:



## 1. THERE ARE MANY WAYS TO REPLACE MEAT PROTEINS

Many of us are used to eating meat, but that's not the only protein source. For example, beans and grains can easily replace meat and make your diet more planetary. If you don't want to give up eating meat entirely, you can also reduce the amount of meat and other animal-based ingredients in your food.



**PLANETARY DIET:**  
"diet taking into account the wellbeing of our planet, includes lots of fruits and vegetables"

## **FORAGING:**

"acquiring food by gathering plants from the nature, by fishing or by hunting"

## 2. FORAGING FOOD IS EASY AND FUN!

Even in the most rugged environments, you can always find food to gather or catch, whether it's herbs, berries, fruits, fish or other animals, Foraging reduces the need to produce food in large scale and transport it from far away. All you need to do is to learn what and how to forage. The best part of it is that while looking for ingredients you also get to enjoy nature.

## 3. MAKE A DIFFERENCE BY BEING MORE MINDFUL

Even if you didn't change your diet that much, it's still possible to make sustainable choices like this:

- buy locally produced food or grow it yourself
- reduce food waste by using leftovers to prepare new dishes
- buy well preserving ingredients, store your food right and be mindful of what ingredients you already have, use the oldest ones first
- eat only as much as you need.





# Inspirational exercises

## for groups

Here are examples of exercises used during the #greenbeanguru project to explore sustainable food and instructions to them.

**CARBON FOOTPRINT OF YOUR FAVOURITE FOOD**

- 1) Everyone tells what their favourite dish is.
- 2) In pairs, participants study the ingredients of their favourite dishes and try to estimate which has a bigger carbon footprint.
- 3) They make suggestions on how the carbon footprint could be smaller e.g. by substituting some ingredients with something else.

**DIY HIKING EQUIPMENT WORKSHOP**

Before a hike or a trip to the nature, the group can build sustainable food storage or cooking equipment themselves e.g. beeswax wraps, cardboard lunch boxes or tin can cookers.

**READY, STEADY, COOK VEGETARIAN**

- 1) The group is divided into two and different ingredients for vegetarian dishes are presented on the table.
- 2) Groups are given some time to plan what dish they would like to prepare.
- 3) Groups take turns in selecting the ingredients, one by one. If the other group selects a vital ingredient, the original recipe may need to be changed.
- 4) After cooking, judges assess which group was more successful.

**FORAGING FOOD FROM NATURE**

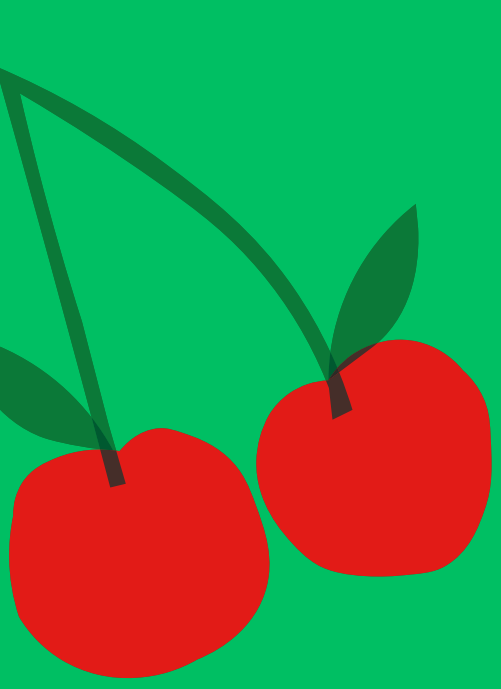
- 1) Everyone studies which edible plants, berries and fruits grow in the area.
- 2) In small groups participants forage ingredients from nature and prepare food with it.

Can be carried out as a competition.

**FOOD EXPLORATION QUIZ**

- 1) The group is divided into smaller groups and a selection of protein sources is placed in front of them. If available, it's good to use meat substitutes made e.g. of beans, peas, mushrooms or grain.
- 2) Quizz questions may include e.g. what are these protein sources called/made of? Which one of them has the most proteins? List as many dishes as you can in which they could be used.

The quiz is more dynamic if each participant has to pass through a route of tables and chairs before they reach the protein sources and if the answering time is limited.



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**Dishes with  
ingredients  
foraged  
from nature**







## Tapenade olive paste

SERVINGS: 10+

PREPPING TIME: 15 MIN

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### INGREDIENTS

200 g pitted black olives

200 g capers

100 g tomatoe paste  
handful of fresh herbs  
(basil, mint, parsley)

black pepper

### DIRECTIONS

1. Place all ingredients in a food processor.
2. Chop until you have a consistent paste.
3. Transfer to a jar or a container with a lid and refrigerate until needed. Should last for at least 2 weeks.
4. Use for example as a dip for bread, potatoe skin chips or vegetables.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. This paste can replace appetizers consisting of animal-based ingredients. In some countries olives and capers can be foraged from the nature.





## Wild green amaranthos salad

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

### INGREDIENTS

1 kg amaranthos (or kale)

#### SAUCE

100 g feta cheese

60 ml olive oil

1 lemon

80 ml water

salt

pepper

### DIRECTIONS

- Wash amaranthos and separate the stems from the leaves. Alternatively you can use kale.
- In a pot of boiling salted water add the stems and boil for 5 minutes.
- Add the leaves in the pot and boil for another 2 minutes.
- Strain the amaranthos and wash with cold water.
- Prepare the sauce in a blender by adding oil, pepper, water, lemon juice and feta cheese.
- Serve the wild greens with sauce on top.

### HOW IS THIS SUSTAINABLE?

In some countries amaranthos can be foraged from the nature. If it doesn't grow in your country, you can use some other wild greens or kale.



# Sautéed wild mushrooms

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 5-7 MIN

## INGREDIENTS

- 500g wild mushrooms
- 3 tbsp olive oil
- 2 garlic cloves
- 1 small onion
- 1 dl white wine (optional)
- 1 tbsp fresh parsley
- 1 tbsp fresh thyme or oregano
- salt
- pepper

## DIRECTIONS

1. Clean and cut the mushrooms.
2. Peel and chop the onion and garlic.
3. Cook the mushrooms, for about 5-7 minutes.
4. Add the garlic and onion and sauté until soft.
5. Add herbs.
6. Deglaze with white wine if you like.
7. Season with salt and pepper.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. In some countries you can forage wild mushrooms from the nature in autumn.





# Roasted olives and capers potatoe salad

SERVINGS: 6

PREPPING TIME: 40 MIN

## INGREDIENTS

500 g potatoes  
150 g green and black olives  
1 tbsp capers  
1 shallot onion  
1/2 tbsp mustard  
1 tbsp red vinegar  
30 ml olive oil  
1/2 tbsp mint  
2 tbsp parsley  
1/2 tbsp lemon juice  
pepper  
salt

## DIRECTIONS

- Fill a pot with salted water and boil potatoes until soft. Allow them to cool down.
- Preheat the oven to 200 C.
- In a small dish, mix olives, olive oil and salt. Roast them in the oven for 10 minutes.
- In a small bowl, combine the mustard, red wine vinegar, mint, parsley and lemon juice. Set aside.
- Cut shallot onion into small pieces.
- Combine potatoes, roasted olives, shallot onion, capers and spice mixture.

### HOW IS THIS SUSTANIABLE?

All ingredients are plant-based. In some countries olives and capers can be foraged from the nature.





# Wild mushroom pie

SERVINGS: 6

PREPPING TIME 40 MIN

COOKING TIME: 45 MIN

## INGREDIENTS

- 150 g baking margarine
- 2,5 dl wheat flour
- 1 dl oat flour
- 0,5 dl water
- 1,5 l wild mushrooms
- 1 onion
- 2 cloves of garlic
- 0,5 dl cooking oil
- 1 tomato
- 1 tbsp soy sauce
- 1 ts meiram
- black pepper
- 1 dl yeast flakes
- 1 dl unsweetened yoghurt

## DIRECTIONS

1. Grease a baking tray.
2. Mix margarine, flours and water in a bowl. Press the dough at the bottom and sides of the baking tray. Allow it to rest in fridge.
3. Clean and chop mushrooms. Fry on a dry pan until moisture has evaporated.
4. Peel and chop the onion and garlic. Chop tomatoe. Add them together with oil on the pan with mushrooms. Season with salt and other spices.
5. Put off the heat and add yeast flakes and yoghurt. Add the mixture on top of the dough.
6. Bake in 200 C oven for 45 minutes

### HOW IS THIS SUSTAINABLE?

If you use vegan yoghurt all ingredients are plant-based. In some countries wild mushrooms can be foraged from the nature in autumn.





## Salt baked fish

SERVINGS: 6

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

### INGREDIENTS

700 g bass or some other whole fish  
1 bunch parsley  
2 garlic gloves  
8 olives  
2 tbsp capers  
1 lemon  
1 kg sea salt  
olive oil  
black pepper

### DIRECTIONS

1. Preheat the oven to around 230C.
2. Chop parsley, garlic and olives. Cut half of the lemon into slices and squeeze the other half to juice.
3. In a bowl, mix the parsley, garlic, olives, capers and lemon juice.
4. Add a drizzle of olive oil and season with black pepper.
5. Take the fish and stuff it with the mixture.
6. In a large baking dish, place a layer of sea salt and put lemon slices on top.
7. Put the fish on the salt and more lemon slices on top of the fish.
8. Cover the fish with sea salt and bake in oven for 30 minutes.

### HOW IS THIS SUSTAINABLE?

Fish don't need to be farmed if they can be caught from the sea, lakes or rivers.



# Wild mushroom risotto

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

120 gr wild mushrooms

3 tbsp olive oil

1 onion

1 garlic clove thinly sliced

1 cup rice

3/4 glass white wine

2 tbsp butter

Parmesan cheese for serving, if you like

## DIRECTIONS

- Clean and chop wild mushrooms. Sauté them on a pan until the moisture has evaporated.
- Peel and chop the garlic and onion and add together with olive oil on the pan. Saute for 2 min.
- Add the rice and stir with a wooden spoon for another 3 min.
- Add the white wine.
- After the wine evaporates, add salt and pepper. Add water if needed.
- Add butter and parmesan cheese.

## HOW IS THIS SUSTAINABLE?

In some countries wild mushrooms can be foraged from nature in autumn. It is possible to make the dish even more sustainable by replacing rice e.g. with barley.





# Bougainville lemonade

SERVINGS: 10

PREPPING TIME: 15 MINS

COOKING TIME: 20 MIN

## INGREDIENTS

1/2 l of bougainville (or other edible) flowers  
4 lemons  
3 dl sugar  
Pinch of salt  
1,5 l water

## DIRECTIONS

1. Remove the bougainville petals and wash them under running water.
2. Place petals in a pot and boil for 20 minutes.
3. Prepare the syrup mixture. Put the sugar into another pot.
4. Halve the lemons, squeeze their juice and mix it with the sugar.
5. Carefully heat the sugar-lemon syrup on low heat until the sugar has melted.
6. Pass the boiled bougainville extract through a sieve.
7. Add the syrup to the bougainville juice. Allow the mixture to cool and serve.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. In some countries bougainville can be foraged from the nature. If it doesn't grow in your country, you can use siren or some other edible flowers instead.





# Nettle pancakes with lingonberry jam

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

### PANCAKES

1 l fresh nettles

2 eggs

5 dl milk (not skim)

1 ts salt

2 1/2 dl wheat flour

1 tbsp of oil

oil for frying

### JAM

2,5 dl water

1 l lingonberries or other  
wild berries

0,5 kg sugar

## DIRECTIONS

1. Forage nettles with gloves on because they sting.
2. Prepare jam by boiling lingonberries with sugar.
3. Rinse nettles in a colander.
4. Boil water in a pot and submerge the nettles in boiling water for a minute or two.
5. Place in a colander, rinse with cold water and squeeze dry.
6. If the nettles are long, you can cut them a little smaller.
7. Put the nettles, eggs, milk, salt, wheat flour and oil in a tall jug.
8. Grind into a smooth dough with a handmixer.
9. Fry pancakes from the dough in a cast iron pan in oil.
10. Serve nettle pancakes with lingonberry jam.

## HOW IS THIS SUSTAINABLE?

In some countries nettles and lingonberries can be foraged from the nature. If they don't grow in your country, is there something else you can forage instead?





## Forest blueberry pie

SERVINGS: 8

PREPPING TIME: 20 MIN

COOKING TIME: 35 MIN

### INGREDIENTS

125 g dairy-free  
margarine  
1 dl sugar  
2½ dl flour  
¾ dl oatmeal  
1 ts baking powder  
1 ts vanilla sugar

FILLING

½ dl soy yogurt  
5 dl blueberries  
3 dl soy yogourt  
½ dl sugar  
1 ts vanilla sugar

### DIRECTIONS

1. Preheat the oven to 200 C.
2. Grease a pie dish (diameter 26–28 cm) with margarine.
3. Beat soft margarine and sugar until foamy.
4. Mix the dry ingredients together and add to the mixture.
5. Finally, add soy yogourt.
6. With floured hands, press the dough onto the bottom and sides of the pie pan.
7. Spread the blueberries on top of the pie crust. Mix the sugars with the soy yogurt and pour the mixture over the berries. Smooth the surface with a spoon.
8. Bake the blueberry pie in the oven for 30-35 minutes.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. Blueberries can be foraged from the nature. If they don't grow in your country, is there some other berries you can use instead?





# Spruce tip syrup

SERVINGS: 100+

PREPPING TIME: 15 MIN

COOKING TIME: 2 HOURS

## INGREDIENTS

For quantities, please see directions)

spruce tips (light green)  
water  
sugar

## DIRECTIONS

1. Forage several litres of spruce tips, wash them and put in a pot.
2. Pour cold water on them until they are covered and let them soak overnight.
3. Boil spruce tips in the soaking water for 2 hours.
4. Strain the mixture.
5. Add around 2-3 kg sugar per liter of the mix.
6. Boil the mixture for 2 hours and mix the mixture occasionally so that it doesn't burn. The longer you boil the mixture the thicker it becomes.
7. You can season the syrup with for example lemon juice or vanilla.
8. Pour syrup into warm glass jars, close the lids.
9. Enjoy the syrup e.g. with ice cream, muesli or pancakes.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. This is a good alternative to honey produced by bees. Spruce tips can be foraged in spring as long as they are light green.



**Dishes  
reducing  
food waste**





## Sun dried tomatoes

SERVINGS: 4+

PREPPING TIME: 30 MIN

COOKING TIME: 3 HOURS

### INGREDIENTS

18 tomatoes  
sea salt  
6 gloves of garlic  
8 tbsp of oregano  
olive oil  
black pepper

### DIRECTIONS

1. Preheat the oven to 100 C.
2. Cut tomatoes in half and remove the seeds.
3. Sprinkle salt inside the tomatoes and put them facing down on the wire rack.
4. Let tomatoes stay here for a half an hour, wash and dry them.
5. Crush the garlic and mix with oregano and black pepper.
6. Put the mixture inside the tomatoes and sprinkle some olive oil on top.
7. Cook them in the oven for around 3 hours. Alternatively you can leave them in the sun for 2 days, taking them inside at night.
8. When done, put the tomatoes in a jar with olive oil to preserve them.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. These tomatoes preserve better than fresh ones and can reduce food waste. They can be prepared without an oven in the sun.





# Potatoe skin chips

SERVINGS: 2-5

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

## INGREDIENTS

potato skins  
oil  
salt  
any other spices

## DIRECTIONS

1. Wash and peel the potatoes.
2. Mix oil and spices in a baking tray with the potato peels.
3. Roast the skins on top of a baking sheet in 250 C for around 20 minutes.
4. You can serve them as they are or with a dip, for example tapenade olive paste.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. It is common to throw out potato skins and they all go to waste. This is a great way to be less wasteful.



# Tomatoe soup

SERVINGS: 2

PREPPING TIME:30 MIN

COOKING TIME: 15 MIN

## INGREDIENTS

2 tbsp olive oil  
1 onion  
2 gloves of garlic  
6 ripe tomatoes  
5 dl vegetable borth  
salt  
pepper  
bread for serving

## DIRECTIONS

1. Peel and cut onion and garlic. Sauté them on the pan.
2. Chop tomatoes and pour them in.
3. Add the broth.
4. Bring the mixture to a boil.
5. Blend the soup.
6. Serve with bread.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. This is a good way to reduce food waste by using tomatoes before they go bad.





# Mashed vegetable soup

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

5 carrots  
1 parsnip  
1 onion  
300 g zucchini  
or any other vegetables  
1 l water  
1 vegetable stock cube  
2 tbsp dried herbs  
100 g flavored vegan  
cream cheese  
salt  
pepper

## DIRECTIONS

1. Peel and chop the carrots, parsnip and onion. Also chop the zucchini. Put the ingredients in a pot and add enough water to cover the vegetables.
2. Add stock cubes. Let it simmer slowly under the lid until the vegetables are soft.
3. Strain the liquid, but save some for later use.
4. Mix the vegetables with a stick blender and add liquid as needed. Mix in the dried herbs and cream cheese. Add more liquid if necessary. Check the taste and add salt if necessary.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. In this soup you can use any vegetables in your fridge to reduce food waste.



## Celery salad

SERVINGS: 4

PREPPING TIME: 30 MIN

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### INGREDIENTS

2 celery  
4 tbs mayonnaise  
3 dl yogourt  
half a bunch of dill  
2 garlic cloves  
salt  
1,5 dl walnuts

### DIRECTIONS

1. Peel and grate celery.
2. Pour the yogourt and mayonnaise mixture on top of celery.
3. Chop the dill a little, add it to the salad and mix.
4. Chop walnuts into smaller pieces.
5. Finally, add the salt and the walnuts into the salad.

### HOW IS THIS SUSTAINABLE?

If you use vegan mayonnaise, all ingredients are plant-based. Celery preserves well. Buying well preserving vegetables can be a way to reduce food waste.





## Stuffed bell peppers

SERVINGS: 10-16

PREPPING TIME: 40 MIN

COOKING TIME: 35 MIN

### INGREDIENTS

- ½ cup olive oil
- 2 pieces onion
- 1.5 cups rice
- 10-16 medium-sized bell peppers
- 2 cups hot water
- 1 ts salt
- 1 ts mint
- ½ ts granulated sugar
- ½ ts black pepper

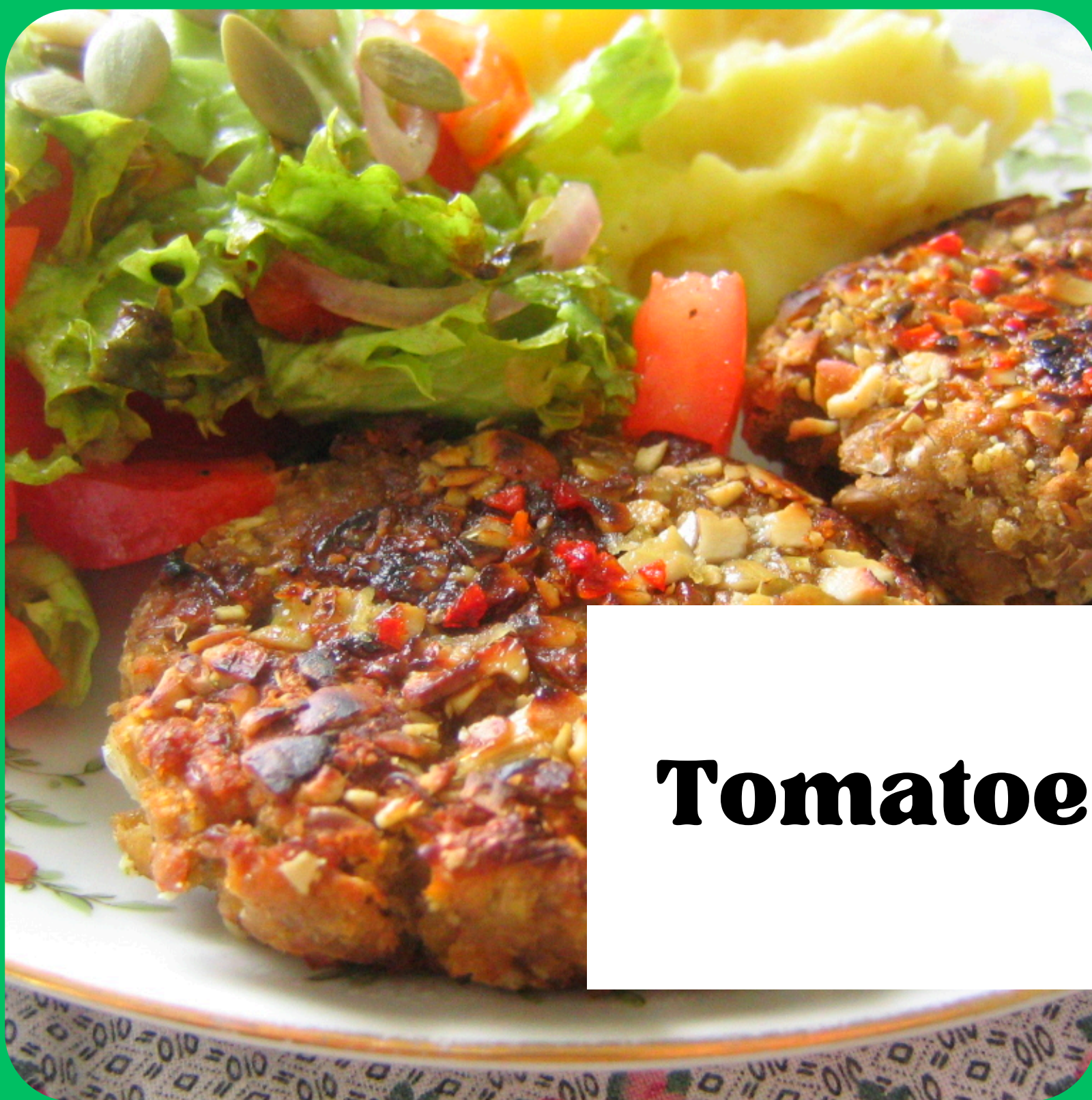
### DIRECTIONS

1. Chop onions. Sauté them on a pan with olive oil.
2. Wash rice add it on pan. Fry for 2-3 minutes.
3. Add salt, black pepper, sugar, mint and mix.
4. Add hot water, cook for 7-8 minutes until the rice remains firm, and remove from the stove.
5. Remove the lid and seeds from 10-16 bell peppers.
6. Stuff the rice mixture inside the bell peppers.
7. Arrange the stuffed peppers vertically in a pot. Fill the pot halfway with water, pour olive oil on top, and close the lid.
8. Cook the stuffed vegetables on low heat until the cooking water is gone and the rice swells, approximately 30-35 minutes

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. Instead of fresh bell peppers, you may also use dried bell peppers, which preserve very well. It is possible to make the recipe even more sustainable by replacing rice e.g. with barley.





# Tomatoe patties

SERVINGS: 5-6

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

## INGREDIENTS

200 g tomatoes  
200 g zucchini  
1 onion  
garlic  
200 g feta cheese (optional)  
250 g all purpose flour  
1 ts baking powder  
6 basil leaves  
1 tbsp oregano  
salt  
pepper  
sunflower oil

## DIRECTIONS

1. Cut the tomatoes and zucchini into small cubes and place them in a bowl.
2. Peel and cut onions and garlic into smaller pieces. Cut herbs. Add them, flour, baking powder, salt & pepper into the bowl. Add feta, if you like.
3. Mix to form a dough.
4. Cover the bottom of a frying pan with olive oil and place on medium heat.
5. Add mixture into the pan in small patties. Fry for a couple of minutes until brown, then turn over and cook on the other side.

### HOW IS THIS SUSTAINABLE?

Except for the optional feta, all ingredients are plant-based. In these patties you can use any vegetables in your fridge to reduce food waste.





## Baked vegetables

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 1 HOUR

### INGREDIENTS

2 potatoes  
1 eggplant  
2 carrots  
2 zuccinis  
3 green peppers  
1 onion  
Garlic  
50 g tomato sauce  
4 tbsp olive oil  
salt  
pepper  
spices of your choice

### DIRECTIONS

1. Cut all the veggies into cubes.
2. Cut the onion into four pieces.
3. Put the tomato sauce, olive oil and spices into a baking dish along with the veggies.
4. Bake it for 1 hour at 180C.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. This is a good way to reduce food waste by using any vegetables you have before they go bad.



## Helva flour dessert

SERVINGS: 12

PREPPING TIME: 15 MIN

COOKING TIME: 2 HOURS

### INGREDIENTS

2 cups + 2 tbsp (260g) all-purpose flour  
scant 1 cup (225ml) sunflower oil  
scant 1 cup (180g) granulated sugar  
2 cups (475ml) water  
1 ts ground cinnamon  
1¼ cup pistachio, finely crushed

### DIRECTIONS

1. Heat oil on a large, wide pan on low heat. Add sifted flour while vigorously mixing with a wooden spoon. It will become smooth within a minute.
2. Cook the roux on medium heat for 2 hours, stirring the corners and bottom at least once every few minutes so that halva doesn't burn.
3. Once the roux reaches the peanut-butter-colored stage, carefully pour the cooled syrup into the flour paste away from your face.
4. Mix for about a minute, turn off the heat, cover pot with lid or cloth napkin, and let cool.
5. Shape flour halva by placing it onto a spoon and smoothing it out with another spoon. This creates perfect little bites. Add pistachio on the top.

### HOW IS THIS SUSTAINABLE?

All ingredients are plant-based. Flour is an ingredient that preserves for a long time and doesn't cause food waste. This dessert can be made with vegan or allergy friendly substitutes without altering the taste or texture.





# French toast

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 10 MIN

## INGREDIENTS


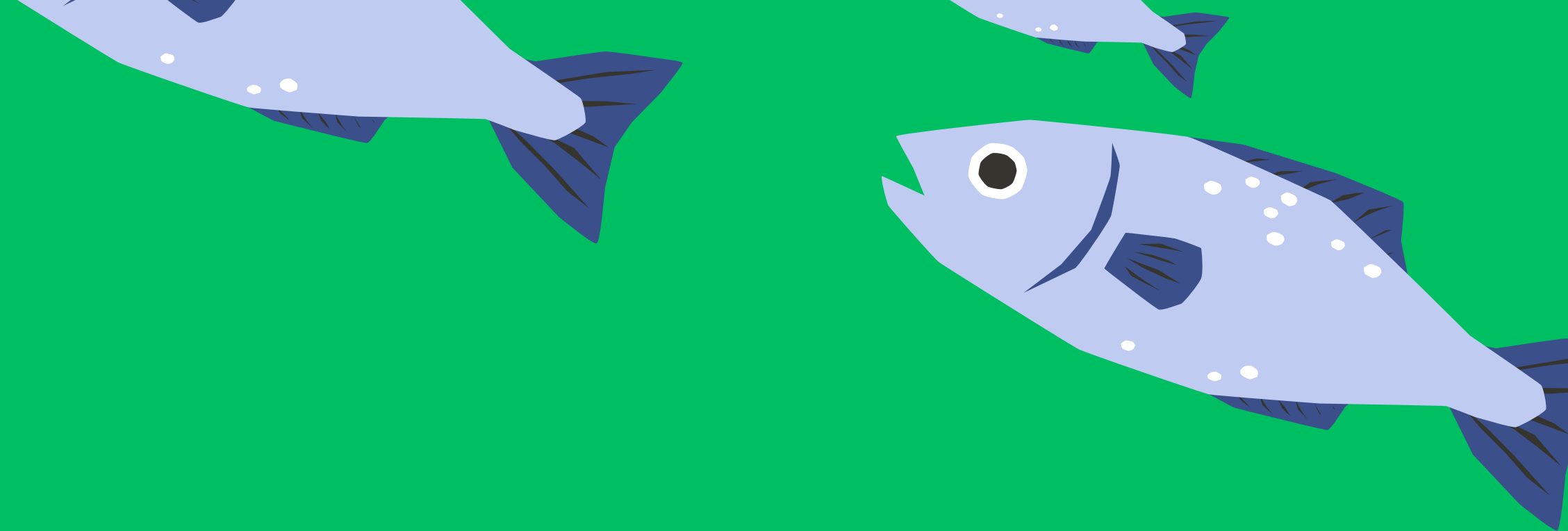
4 eggs  
1 cup milk  
1 tbsp sugar  
1/2 tbsp cinnamon  
8 slices of bread  
oil for cooking  
syrup for serving

## DIRECTIONS


1. Mix eggs with milk and eggs in a bowl.
2. Soak the bread into the egg mixture.
3. Cook the bread slices for 2-3 min each side.
4. Serve with spruce tip syrup or jam.

### HOW IS THIS SUSTAINABLE?

Instead of throwing leftover bread away, you can use it for a dessert, which helps minimize food waste.



Sustainable Cookbook for Nature Lovers has 21 recipes, which have been discovered, further developed and some of them even cooked by a group of young scouts from Turkey, Malta, Greece and Finland.



Scouts explored together sustainable food in #greenbeanguru Erasmus+ project in Turkey in October 2024.

