



Farm Aid's

HOMEGROWN

Food for All!

Farm Aid serves **HOMEGROWN Concessions®** at our events and you can enjoy it at home. We've put together some recipes and how-tos for you to enjoy during your Farm Aid watch party.

Suggested Menu

**Blistered Muscadine Grape Mostarda
& Creamy Peanut Butter Hummus •
Elotés • Tofu Burgers • Potato Salad**



FARM AID 2026
Virginia Beach
SEPTEMBER 26



Elevate your pretzel dipping experience with some dips that are a regional spin on an American classic: peanut butter and jelly. For the mostarda, almost any fruit will do, so if something else is plump at your local farmers market, substitute the same amount—blackberries, peaches, figs.

Mostarda MAKES 8 OZ (4 SERVINGS)

INGREDIENTS

8 oz grapes, muscadines are
native to the Southeast
½ cup sugar
2 Tbsp stoneground mustard
Salt, to taste

DIRECTIONS

1. Bring a saucepan to medium-high heat. Pour grapes into pan and let sizzle for a moment. Dry heat helps blister the grape skins but gentler fruits might need a splash of water.
2. Once your fruit has started to break down, add the sugar. Remove from heat as the sugar will melt quickly.
3. Stir in mustard, and season with salt. Enjoy!

Peanut Butter Hummus MAKES 16 OZ (6-8 SERVINGS)

INGREDIENTS

1 cup dried chickpeas (or you can
substitute most other beans—
navy, cannellini), or one 14-oz
can, drained and rinsed
1 tsp baking soda
¼ cup peanut butter
1 lime, juiced
2 tsp Frontier Coop Chesapeake
Bay seasoning, or a spice
blend of your choice
Salt, to taste

DIRECTIONS

1. Soak your beans for at least 8 hours in 4 cups of water and the baking soda. This contributes to a luxurious texture in your end product. After soaking, rinse the beans and cook at a simmer on the stovetop in a fresh batch of water and baking soda until soft, usually 45-75 minutes.
2. Strain beans and, while still hot, pulse in a food processor.
3. Add peanut butter, lime juice, and seasoning and puree.
4. Season with salt and enjoy!



This classic roasted Mexican street corn is a tasty treat that is easy to prepare, in season, and perfect for individual servings.

PREP TIME: 15 MINS | **COOK TIME:** 45 MINS | **TOTAL TIME:** 1 HOUR

INGREDIENTS

4 ears of corn

Butter

Salt

Pepper

TOPPING

**¼ cup Mexican crema
or sour cream**

¼ cup mayonnaise

1 small lime, juiced

**¼ cup Cotija cheese crumbled or
Parmesan**

Ground red pepper

Ground cumin

DIRECTIONS

1. Husk and clean 4 ears of corn.
2. Place on baking sheet, rub butter all over each ear, salt and pepper. Pop in 400° oven and roast, turn to brown for approximately 45 minutes to 1 hour. While corn is roasting, mix the crema, mayonnaise and lime juice in a flat dish, such as a pie plate.
3. When corn is done slather each ear with Topping and cheese. Sprinkle with red pepper, cumin or your favorite mix. Chopped fresh cilantro works well here.

RECIPE FROM SONYA DAGOVITZ





While there are plenty of plant-based burgers on the market today, there's nothing like handmade, small batch veggie burgers. The recipe shown is a Basic Burger, but Tofu is extremely versatile, lending itself well to variations and additions . . . so make it your own . . . and enjoy!

PREP TIME: 15 MINS | **COOK TIME:** 20 MINS | **TOTAL TIME:** 35 MINS

INGREDIENTS

pound organic tofu (drained)
¼ cup fresh bread crumbs*
¼ cup minced sweet onion
large or 2 small garlic
cloves pressed
¼ cup freshly chopped herbs
1 egg or 1 tablespoon
arrowroot powder
¼ teaspoon salt
Pepper freshly ground to taste

**Gluten free breadcrumbs will work fine.*

DIRECTIONS

1. Drain the tofu well.
2. Make fresh breadcrumbs.
3. Chop your favorite fresh herbs.
4. Crumble drained tofu into mixing bowl, and add onions, garlic, herbs, egg, salt & pepper and mix well.
5. Heat a 10 or 12-inch cast iron skillet until it's hot, then add 2 tablespoons of extra virgin olive oil. Keep heat at medium.
6. Form the tofu mixture into balls and flatten the bottom of each before placing into pan. Take your time and allow the flattened bottoms to become crispy.
7. Flip the burgers and press down gently to make circles. Draw any wandering bits back into each burger and sear until crispy. **OPTIONAL:** top with cheese while hot.

RECIPE FROM SONYA DAGOVITZ



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Potato Salad

Hopefully you've had the time to grow some produce in your garden this year.
This recipe works great with home grown potatoes and onions.

PREP TIME: 15 MINS | **COOK TIME:** 45 MINS | **TOTAL TIME:** 1 HOUR

INGREDIENTS

3 pounds Yukon Gold potatoes
1 bunch of green onions or
8 oz onion tops
8 tbsp olive oil, divided
9 tsp salt
10 tsp black pepper
1 tbsp Sherry vinegar
2 tbsp capers
3 cup chopped parsley

DIRECTIONS

1. Boil the potatoes, skin on, in a large pot. While the potatoes are boiling, use 2 tbsp of olive oil on the green onions with the salt and pepper. Cook them on a hot grill or broil in an oven until the onions are cooked through and charred around the edges.
2. Blend together the onions, remaining olive oil, vinegar and capers adding water if necessary.
3. When the potatoes are done cooking, strain them in colander and allow them to dry and cool slightly. Peel the potatoes and cut into ½ inch pieces into a serving dish.
4. Toss the potatoes with the dressing and chopped parsley. Adjust seasoning of salt, pepper and vinegar. Enjoy!

RECIPE FROM MARK SHUSTERMAN
Keyboardist, Nathaniel Rateliff & The Night Sweats

