



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 • Beet Walnut Salad • Buffalo Cauliflower with Ranch Dressing • 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





Beets are affordable, packed with antioxidants and a great storage crop, meaning they're easy to find all winter—even in cold places.

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

INGREDIENTS

2 pounds beets
½ cup raw walnuts
½ small red onion
¼ cup balsamic vinegar
¼ cup walnut oil
1 teaspoon Dijon mustard
½ tsp salt
½ tsp black pepper

DIRECTIONS

1. Wrap whole baseball-sized beets in foil. If your beets are much larger than this, cut them in halves or quarters so they're about the same size. Place on a cookie sheet in the oven at 350° for 35-50 minutes, until a fork can easily slide into the middle. Remove from foil and let stand for 10-15 minutes. Once they are cooled enough to handle, cut off the top and peel the skin off under running water. Dice the beets into ¾" cubes. Allow beets to cool entirely in the refrigerator before tossing the salad.
2. Spread walnuts on a cookie sheet and toast in the oven at 350° for 5-6 minutes. They're ready when you smell their rich aroma. Roughly chop and let cool.
3. Thinly slice red onion.
4. Whisk vinegar, oil, mustard, salt and pepper.
5. Toss diced beets, toasted walnuts and sliced onion in dressing and enjoy!

RECIPE FROM CAROLINA REID



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Buffalo Cauliflower

INGREDIENTS

CAULIFLOWER

**½ head large cauliflower,
cut into large even pieces**
½ cup plant milk
½ vegan bouillon cube
**½ cup flour (any kind,
including gluten free)**
½ teaspoons chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
½ teaspoon parsley
Several grinds of pepper
Several grinds of salt

BUFFALO SAUCE

¼ cup melted salted vegan butter
¼ cup hot sauce of your choice
**½ teaspoon rice wine
red wine vinegar**
½ teaspoon garlic powder
Maple syrup to taste

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Add oil to a large baking sheet.
3. Add milk, bouillon, flour, chili powder, garlic powder, onion powder, parsley, pepper, and salt to bowl and whisk together.
4. Add cauliflower to the batter mixture and stir until all pieces are evenly coated.
5. Use tongs or fork to pull pieces out of the batter and add to baking sheet.
6. Place baking sheet in oven to cook. Once brown on one side, flip the pieces and let cook on the other side. Check periodically to make sure nothing burns.
7. While the cauliflower is cooking, prepare sauce: combine melted vegan butter, hot sauce, vinegar, garlic powder, and maple syrup in a bowl.
8. Once the cauliflower is done, remove from the oven and add to a serving bowl. Toss with a little salt and a sprinkle of pepper and coat with buffalo sauce!
9. Enjoy!

RECIPE FROM MAGGIE BAIRD



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Ranch Dressing

Searching for that perfect balance that would appeal to both kids and adults is tricky, but varying the amounts of herbs will usually be the secret.

PREP TIME: 10 MINS | **YIELDS:** 10 SERVINGS, ABOUT 1 ¾ CUPS

INGREDIENTS

CAULIFLOWER

1 cup plant-based mayo
(store bought or homemade)

Plant based buttermilk made
with double lemon juice

½ cup soy milk

2 tsp lemon juice

4 Tbsp fresh dill or

4 tsp dried—or a combo

4 Tbsp fresh chopped chives or

4 tsp dried—or a combo

2 Tbsp fresh parsley or

2 tsp dried parsley

½ tsp onion powder

½ tsp garlic powder

1 tsp salt

¼ tsp black pepper (more to taste)

1 small clove garlic—crushed

1 Tbsp Dill Pickle Juice

(optional but nice!)

DIRECTIONS

1. Combine soy milk and lemon juice and allow to curdle (with the double lemon juice it will be quick) to make plant based “buttermilk”
2. Add to plant-based mayo
3. Add fresh or dried* dill, chives, and parsley, onion and garlic powders, salt, and black pepper.
4. Add fresh crushed garlic and dill pickle juice if adding.
5. Taste and add more salt, lemon or herbs. Chill in refrigerator for several hours if possible.

**If using dried herbs or a combination of dried and fresh, crush the dried herbs between your fingers before adding to the dressing to help release their flavor.*

RECIPE FROM SUPPORT AND FEED



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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

