

Health and Wellness Through Sustainability

Part of a series of blogs on the 17 UN Sustainability goals in play at Mezzacello. This one is health and wellness.

The Foodist: Slow-Cooked Cherry Tomatoes with Coriander and Rosemary

A delicious roasted tomato and garlic dish. Great on a cold night or as a summer sauce.

The Foodist: Oyster Mushroom and Pork Soup

Delightful meal! Sumptuous noodles, fresh vegetables, and pork shoulder with a sesame sauce that is a delight.

Parterre Herb Garden Update 2022

A quick update on the parterre herbal gardens. A note on how to how to harvest and preserve them. And they smell delightful.

The Foodist: Zucchini Boats with Rice

This is a summer staple! I love it when Rick makes this! Savory, nutty, tasty, and completely vegetable based delight!

Update on Storage and Preservation

Food preservation is my achilles heel here at Mezzacello. This is an update on innovating my storage here over winter.

Lesson: Food From Waste and Ash

Students will learn to make soap from waste products and ash as well as fire starter kits from lint, wax and soap.

The Foodist: Pasta with Mussels

This is a superb recipe and a favorite here at Mezzacello. It is also the FIRST recipe we ever posted here!