

Eating God's Colorful Rainbow

"The Lord God planted a Garden... and there He put humans... and out of the ground the Lord God made all kinds of trees grow... trees that were **pleasing to the eye** and good for food." Genesis 2:8-9

So What is Pleasing to the Eye?

Just think of all the fruit trees that grow, that make food that is "pleasing to the eye" with their many colors. In tropical climates, this food is free and plentiful. It is sweet and nutritious too. You can also grow your own vegetables in many dark, beautiful colors. They can even be sliced thin, covered well, dried in the sun, and saved for later.

Now remember how God made a promise to Noah (Genesis 9:12-17) with a rainbow? The rainbow is "pleasing to the eye", because of its many colors. God said to Noah, "This is the sign of the covenant I have established between me and all life on the earth." God made us see the rainbow as a representation of His commitment to protecting our lives. The rainbow of colors of God's nourishing fruits and vegetables protects our lives, too. They are a part of the promise that Jesus gave us of a more abundant life!

We hope you enjoy this rainbow salad as a way to nourish your family!



Rainbow Salad (Serves 15 people)

1/4 head green cabbage
1/2 head purple cabbage
1/2 10.5 oz. a container of tomatoes
1/2 large cucumber
6 oz. frozen corn

1 c. peppers (color of your choice)
1 Tbsp. minced garlic
3/4 c. Vegemaise® or mayonnaise
1/2 Tbsp. seasoning salt
1/2 tsp. pepper

- Combine mayonnaise, garlic, seasoning salt, and pepper. Set aside.
- Shred cabbage
- Chop up vegetables
- Combine shredded cabbage and vegetables
- Stir dressing in with the cabbage/vegetable mix

– Susan Marie Elmendorf, a FARM STEW volunteer



Recipe Video

www.farmstew.org/post/farm-stew-rainbow-salad

Visit us at www.farmstew.org to learn more or to make a donation.