

The warmth of a hallmark movie and the spice of a Vermont vacation. All in one ancient-grain, nutrient packed dish.

And now, to bring a little joy and warmth to your table, whether you share it with a lover, or need some uplifting as you care for yourself...

What you'll need:

For about two servings...

- 1/4 cup rinsed Farro
- 2 cups water
- A nice dashing of Rosemary
- A nice dash of cinnamon
- ~1/8 cup of Pure Vermont Maple Syrup (I used grade A for this recipe, but grade B is the better stuff 😊)
- 1/4 tsp. Himalayan Salt
- 2 Navel Oranges

To consider:

This recipe pairs well with:

- This [Bacon Wrapped Asparagus](#)
- [Yogi Elderberry Lemon Balm Immune + Stress tea](#) (with Ashwagandha for adaptogenic support, Caffeine free)

The Directions:

Rinse your measure of Farro (1/4 cup for two servings) and place in a pot with two cups of water. Add:

1/4 teaspoon of salt,

a good dash of Rosemary (if I had to guess, it would be at least 1/2 tsp+)

a nice dash of cinnamon (maybe around 1/4 tsp. It will look like it's too much, but it won't be.),

and about an 1/8 cup of maple syrup.

Stir, then cover and bring to a boil.

Once it has reached a boil, allow it to continue boiling at medium-high heat until the farro is soft or however you like it.

This usually takes only about 16 minutes for me, but it can take up to 30.



Use this time to cut up one navel orange for each person, or at least three or four slices each. (I'm telling you, you're going to be amazed how biting into the orange first, then taking a bite of this farro is going to... knock your socks off with immaculate enjoyment).

If you'd like to serve it with the [above-mentioned tea](#), prepare that now also. I like to use a "delicate" setting for my teas (160°), sweeten them with either pure maple syrup, Clover honey, or a mix of both, and usually just leave the tea bag in. With this particular tea, two thick slices of apple is heavenly.

A more expensive option: I have enjoyed Acacia honey with my teas, but I haven't tried it with this particular tea yet. I imagine it would be fantastic though.

Both Acacia and Clover are gentler honeys and don't have that typical honey "bite." For me, it is much more enjoyable when the tea is smooth and gentle.

Use a slotted spoon to serve the farro and plate with navel oranges and, optionally, the aforementioned bacon-wrapped asparagus.

Enjoy!



Pricing Chart

My ingredients (May, 2024. NC, USA):

[Bob's Red Mill Farro](#) 24oz., \$12.48+, Walmart

[Himalayan Salt](#) \$6.53, Walmart

[Potter's Family Vermont Maple Syrup](#) \$17.95/pint, small business

[Organic Ground Cinnamon](#) \$4.36, Walmart

[Organic Rosemary](#) \$4.58, Walmart

[Single Navel Oranges](#) \$0.98c ea., or [~8ct bag](#), \$4.98, Walmart

[Yogi Immune + Stress tea](#) \$3.98, Walmart

[3lb bag of Organic Apples](#), \$5.22, Walmart

If all you need is farro and oranges, your total would be \$14.44