Celebrating Our Roots with Food on the Fly and Minneapolis Edible Boulevards

June 13, 2026: 11:00 a.m. - 12:00 p.m. at SNO Community Garden

Soba Noodles with Sesame Vinaigrette

Ingredients

1 package Soba Noodles
½ c Sesame Vinaigrette (recipe below)
2 c Matchstick Vegetables (specifics below)
1 package Extra Firm or Fried Tofu
Herbs- Basil, Cilantro, Scallion, Creeping Charlie, and/or Mint *(roughly chopped or torn)**

Matchstick Vegetables

Carrots, turnip, radish, cucumber, celery, creeping bellflower root…(any hearty, available vegetables that you like)*
Cut into thin slices or matchstick size, or you can grate them.

Sesame Vinaigrette (Makes about 1 ½ cups)

3 T Mirin
3 T Soy Sauce or Tamari
⅓ c Rice Vinegar
¼ c Sesame Oil
¾ c Vegetable or Canola Oil
1½ t Salt
Whisk all the ingredients together. It will separate over time, but just whisk quickly before using.

Recipe Directions

1- Follow the recipe for Sesame Vinaigrette.
2- Cook noodles using the directions on the package, and then strain.
3- Toss strained noodles with sesame vinaigrette, and then chill.
4- Wash vegetables. Peel creeping bellflower root and any other vegetables with soil embedded on roots.
5- Chop vegetables for matchsticks.
6- Dice tofu.
7- Tear or chop herbs.
8- Once noodles are cool, mix everything together.
9- Enjoy!

*You can find a number of these vegetables and herbs growing in your garden or yard.**Stay tuned to our Instagram and Facebook pages for what we'll be cooking next! Register for July 11 with Derek Nicholas here:**