



A COMPLETE GUIDE TO
FEEDING A FARMER &
THEIR CREW IN THE FIELD

2021



**NICE TO MEET
CHA**

ALL ABOUT AQUEENA

I grew up on a Grain Farm in Northern Alberta. There are a whopping 10 people in my family! Of the eight children, I am the oldest girl. Helping my Mom cook meals for a crew was an everyday occurrence and during a few months of the year we just happened to take these meals to the field.

I have worked in agriculture sales and management professionally for the past 10 years and during this time have cooked and delivered meals to some of my customers.

I now farm with my Husband on a mixed farm in East Central Alberta. Our crew is a lot smaller but that has brought new fun challenges to the busy season of meals in the field.



**ALL ABOUT
AQUEENATHEKITCHEN**

I LOVE all things food. This started as an Instagram account to follow other foodies then I said I should share my food as a personal digital recipe book.

things have kind of gotten out of hand in the best way. I love the feeling when I hear that someone has tried a recipe and are happy with it so I keep sharing more and more.

Recently I launched my website so as a more effeicent way to host my recipes. Hello Printing and searching capabilities!.





HOW TO USE THIS GUIDE

MEALS IN THE FIELD GUIDE 2021

MEAT & POTATOES

I went back and forth so many times on the right way to comprise this guide. I feel that every farm is different and this guide will likely not be a perfect fit for anyone but hopefully it is a tool for you to use to have a smoother time this season. I settled on providing 7 nights worth of mains, sides, salads and desserts. You can use it as is or mix and match. All the recipes are linked to my site for full details. This guide may simply be an inspiration or it could be playbook. However you use it, I hope it helps you in some way ♥

PLANNING TEMPLATES

WEEKLY MEAL PLANNER

If you do choose to use this as inspiration, I've included a template to customize with the meals you plan to cook.

GROCERY LIST

If you go to my site, it will show you a breakdown of ingredients to buy for any given recipe. I have included a customizable template for you to fill out based off of what you plan to make.



MORE

BEST PRACTISES

There have been some silly fails and some serious fails that I have made. I've included some best practises I now implement.

WHAT TO PACK

Nothing worse than being out in the boondocks without forks! Ever leave the house thinking you're off to feed workers but spend the night feeding mosquitoes instead? I include a list of what to keep in the vehicle during the entirety of the season.

HOW TO TRANSPORT FOOD

Some food is good cold.. but most is in its prime when it's warm at dinner time. I have a few tips and tricks to getting the deliciousness that you created to the field in one piece while its still warm.

THINGS TO AVOID

One time I was home bringing supper to the field and one of my brothers said ANOTHER BUN!!!!? If I have to eat one more sandwich today I'm going to throw up (dramatic I know! ☹️So..don't serve a bacon and egg for breakfast and a bun sandwich for lunch and pulled pork on a bun for supper lol) I've included what style of foods to avoid taking to the field and how to keep things exciting.. that way your brother/husband/hired help/two year old will not insult your awesomeness.



ITEMS TO KEEP STOCKED IN THE VEHICLE

MEALS IN THE FIELD GUIDE 2021

FEAST FIXINS

CONDIMENTS

Ketchup, Mayo, Ranch, Hot Sauce, S&P etc

TOOTHPICKS

Your pulled pork sandwich was delicious but it also sticks with your workers for hours after

NAPKINS, SPARE PLATES & CUTLERY

Even if you package your meals individually, you wont regret having spares on hand. You can find great caddies for these.

COOLER FILLED WITH WATER, SODA ETC

I like to have an electric cooler in the car with a variety of drinks to keep everyone hydrated.

DUSTY N DIRTY

WATER TO WASH UP

Bulk Water for washing hands. Use a rinsed out liquid laundry detergent jug for an easy tail gate hand washing dispenser.

'GRAB A RAG' OR SHOP TOWELS

From drying hands to cleaning up the food thats spilled in the vehicle it's good to have something you don't mind throwing away to help clean the mess

TOILET PAPER

If you've been in a combine for 12 hours YOU KNOW what I mean.



EXTRAS

CAMPING CHAIRS

Some of you might be sitting down to eat and the workers always appreciate a chair to sit in (even if they have been sitting in the cab all day☺)

BUG SPRAY/SUNSCREEN

Not something that automatically comes to mind but there are evenings when a worker is getting "eaten alive" trying to fix something and will be relieved to see some bugspray available

FIRST AID KIT

Even if its only ever used for a bandaid to aid the cart operators ego its good to have one on hand.

SPARE PHONE CHARGER

Not all heroes wear capes. Nothing worse than a dead or dying cell phone during the busy season. Keep a spare or 3 incase one of the workers needs one by dinner time There are cheap but effective cords with different ports (lightning micro usb etc) at dollar stores.

FIRE EXTINGUISHER

When its field work time it's USUALLY pretty dry. Fires can happen many ways and one of those ways might be you driving across the field to deliver deliciousness. Whether you start a fire or see one its always a good idea to have something to fight it within reach.



SERVING EDIBLE FOOD IN THE MIDDLE OF NO WHERE

BEST PRACTICES

MEALS IN THE FIELD GUIDE 2021

COMIN IN HOT

TOWELS

Pretend you're headed to the beach, grab a nice big towel and then give your head a shake its not beach time but since you have the towel wrap your casserole etc for its journey to keep it HOT

COOK TO SERVE

Stopping at multiple locations? Bake your casserole in two smaller pans instead of one large one so that the second stop still gets hot food.

COOLER OR THERMAL BAG

Use a big cooler or thermal bag to keep food hot or at its intended temperature as long as possible.

BOXES

Ever slam on the breaks so hard a can of soda comes flying forward from the back of the SUV? me either. Cardboard boxes and crates work great to keep your items in place. Its not your fault the field is full of ruts from the wet harvest 3 years ago.. but it will be "your fault" if the apple crisp is mixed with the salad when you finally make it to the crew.

STEER CLEAR

FOOD THAT ABSORBS MOISTURE

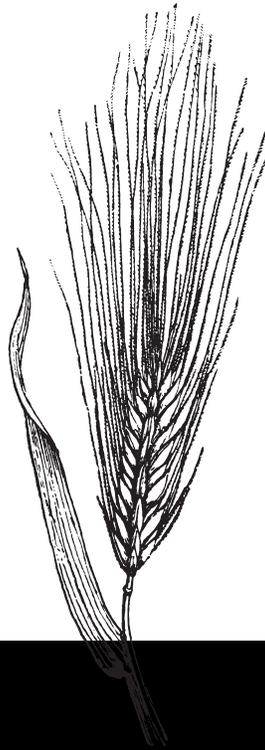
Things like assembled sloppy joes, dishes with egg noodles etc. Only the baby and the one guy with no teeth will appreciate mushy food. Texture always matters!

PREDRESSING SALADS

Whats worse then a plain salad? A soggy Salad. Add the dressing in the field. Thanks

DRY FOODS

Calories don't count at Christmas, when you cook something from my website and most especially during the busy farming season. Please don't fry up steak or pork chops or chicken and expect it to be juicy when you get to the field. It will be dry and you will all be sad. This is the time to embrace the art of smothering your food with sauces. Think Pork Chops cooked and served in Mushroom Gravy





CONTAINERS & PACKAGING

MEALS IN THE FIELD GUIDE 2021

GLASS & CERAMIC

Glass containers and dishes have the ability to keep food warmer a lot longer than their friends plastic and aluminium.

SINGLE USE

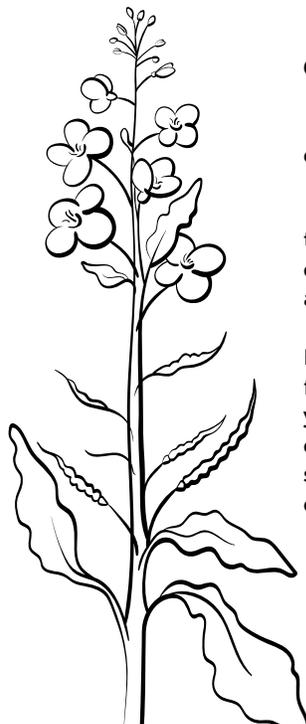
for things like condiments or cool toppings ie sour cream or chives/tomatoes etc I like to use single use containers from the dollar store. You can 100% wash and reuse these containers throughout the season.

INDIVIDUAL SALADS

I love a good 2 cup capacity container with a screw on or snap on lid for salads. You can pack the dressing to the field or place a bit in the bottom of the container then top it with the salad. Simply shake the container before serving to dress it.

BUFFET STYLE

Packing and Serving Buffet style can be a wonderful option if you are serving a crowd and only making one stop. There are many containers that are sold with lids that will stay on during travel (ie slow cookers, casserole dishes with lids etc) If you do not have access to these things I find the practise of wrapping dishes in a towel and placing it a crate or box helps keep the dish and accompanying lid in one spot during transit as well as keeps it insulated.



INDIVIDUAL PACKAGES

On our farm I always take food to the field in individual packages. I know that by doing this everyone will have the right amount of food and any leftovers can stay home in the fridge. This method is also great if you are worried one hungry Harry that is going to dish up more than his share. The downside of this is that it is more difficult to keep things warm when packaged this way. Be sure to pack all the hot Mains stacked together in a thermal bag or insulated tote. The salads and desserts in a cooler with ice pack etc

Those multi compartment containers aren't my favourite for meals in the field I like a big Container for the main, a smaller one for the salad and Side and a smaller one for dessert. Nothing good about a soggy steamed salad.

OTHER TIPS AND TRICKS

If you are using disposable foil pans, use chip clips or binder clips to secure it shut.

Know where to place your ice packs: Line the bottom of the cooler with flat ice packs or bags of ice (smaller is better). If you can add some on top, even better!

Be mindful about what food you'll remove first: Try to pack things at the bottom that you will be using last. that way they stay colder longer. Also put foods that need to stay cooler (like mayonnaise-laden foods!) closer to the bottom.

Make note of items in the recipe that should be done just before serving like dressing a salad or adding certain ingredients. Bring those separately and do them just before serving



RECIPES

MEALS IN THE FIELD GUIDE 2021

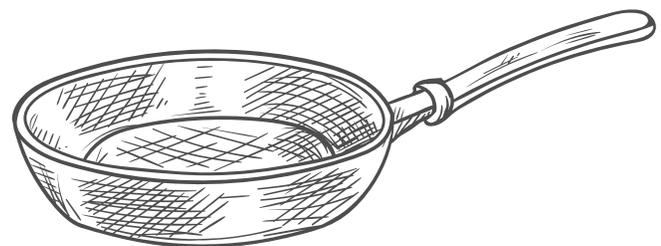
FREE ONLINE MEAL PLANNING TOOL AND GROCERY LISTS

Can we take a minute to acknowledge all of the sweet technology farmers have gotten over the years and here we are still trying to come up with meal plans for harvest in a neglected notebook using old cookbooks?! I have found and applied THE COOLEST tool to help you with meal plans. It starts off as just the meals as you will see in the guide starting on the next page. But the neat thing is that you have the ability to mix and match dishes, adjust servings AND generate a grocery list. Check it out at the bottom of this page:

<https://aqueenathekitchen.com/meals-in-the-field-guide/>

RECIPES FROM OTHER FOOD BLOGS THAT WORK IN THE FIELD

Launching soon, I have curated a round up of recipes from other sites I will let you know via email and instagram once it is live!



MAIN

LASAGANA

Lasagna is the all time greatest pasta dish, casserole and slice of happiness, combo ever. Here is how I have been making it since I was about 9.

<https://aqueenathekitchen.com/lasagna/>

Prep: 30 Minutes

Cook: 1 Hour

Serves: Up to 12 People

Able to prepare early

Freezer Friendly

Cooked Via: Oven

SIDES

GARLIC BUTTER ROLLS

If you're gonna carb it up do me proud. These look like cinnamon buns but have CHEESE AND GARLIC. I mean, Cinnamon Buns do have a hot brother and their name is Garlic Butter Roll. Your welcome for making the introduction.

<https://aqueenathekitchen.com/garlic-butter-rolls/>

DESSERT

LEMON CRINKLE COOKIES

These cookies come together really quickly and can live their best lives in the freezer until their day of glory comes and you take them out to deliver to the hungry crew.

Fresh Lemons - Cream Cheese ...need I say more?

<https://aqueenathekitchen.com/lemon-cookies/>

Prep: 7 Minutes

Cook: 13 Minutes

Yields: 16-20 Cookies

Able to prepare early

Freezer Friendly

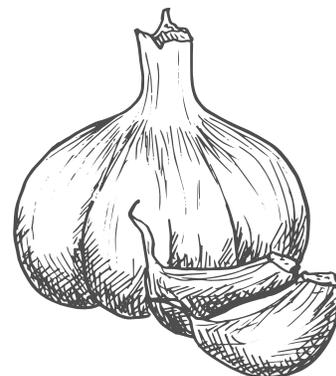
Baked Via: Oven

SALAD

CHORIZOLESS SALAD

Normally I make this salad as a main, Skip the chorizo and it makes an amazing salad to serve as a side.

<https://aqueenathekitchen.com/chorizo-salad/>



MAIN

PULLED PORK

Pulled Pork is such a crowd pleaser. Its incredibly easy to make in the slow cooker and it reheats well from frozen too. My recipe allows you to start with a frozen or fresh roast and the sauce is all common ingredients you likely have in your pantry and fridge.

Prep: 10 Minutes

Cook: 8 Hours

Serves: Up to 12 People

Able to prepare early

Freezer Friendly

Cooked Via: Slow Cooker

<https://aqueenatthekitchen.com/pulled-pork/>

DESSERT

MAGIC BARS

The worlds easiest dessert.

<https://aqueenatthekitchen.com/magic-bars/>

WATERMELON

If you don't want something too sweet, take watermelon out. I love fruit as dessert especially with BBQ! Check out my post on instagram to see how I cut Watermelon.

https://www.instagram.com/reel/COWH2X_HpN-/?utm_medium=copy_link

SIDES

CORNBREAD

Cornbread is usually not my favourite but I love this recipe it's sweet, salty and spicy! It's a quick bread so super fast to make and it is just as good cold as it is warm making it perfect to take to the field.

<https://aqueenatthekitchen.com/jalapeno-cheddar-cornbread/>

SOUTHERN CORN

This recipe is something I do when I need a quick and easy side dish. I usually do it in the frying pan but when cooking for a crowd this is easily done in a slow cooker. Throw the ingredients in set it to high good to go.

<https://aqueenatthekitchen.com/chili-lime-southern-fried-corn/>

SALAD

COLESLAW

Can you have pulled pork without coleslaw? I am not sure, I've never even attempted such a strange concept. This is my homemade dressing recipe so so easy and quick to make. According to my non scientific research it is 114% better than store bought slaw and dressing.

<https://aqueenatthekitchen.com/classic-cabbage-coleslaw/>



Night THREE

MAIN

SWEDISH MEATBALLS

There are two ways to make these meatballs. I tell you about the traditional way and the quick way. I think we can all agree the quick way is gonna win out at Harvest time. They are both so tasty. Great to keep warm in the slow cooker to!

<https://aqueenathekitchen.com/swedish-meatballs/>

Prep: 10 Minutes

Cook: 20 Minutes

Serves: 8 People

Able to prepare early

Cooked Via: Oven or Stove Top

SIDES

PERFECT MASHED POTATOES

If I'm being perfectly honest it took me YEARS to figure out mashed potatoes. I was doing it wrong and finally figured out how to make them the right way. Even if you think you've got it, check out this recipe and see if there are any tips you didn't know.

<https://aqueenathekitchen.com/perfect-mashed-potatoes/>

Able to prepare early, place prepared mashed potatoes in a slow cooker on the keep warm or low setting. That way you can prep them whenever and they are ready for action come dinner time.

DESSERT

HANDPIES

just like a regular pie but made with store bought puff pastry and canned pie filling made into little handheld desserts. They are quick and easy to make and keep well so they can be made well ahead of time. They are the biggest cheat recipe you'll find on my site because nothing is from scratch but the people eating them won't know that 😊 2 ingredients!!! I like these better than normal pie for in the field because a person can grab one and head back to the combine. bye!

<https://aqueenathekitchen.com/hand-pies/>

Prep: 10 Minutes

Cook: 35 Minutes

Serves: 8 Hand Pies

Able to prepare early

Cooked Via: Oven

SALAD

CUCUMBER SALAD

I love serving this light vinaigrette dressed salad along side a main that has a heavy cream sauce like the one found in tonight's swedish meatball dish. This salad only gets better with time, making it perfect for a meal in the field.

<https://aqueenathekitchen.com/cucumber-salad/>

Prep: 5 minutes

Marinate: 15 Mins

Serves: 6 People

Able to prepare early



MAIN

CALZONES

These pizza pockets stay hot forever making them the perfect meal in the field. The dough is the same as my pizza dough recipe. If you have picky eaters this is a great option to feed everyone the same meal but customized to their requests. I find making little packets with aluminum foil is a great way to package these.

<https://aqueenathekitchen.com/calzones/>

Serves: 8 Calzones
Able to prepare early
Freezer Friendly
Cooked Via: Oven

SIDES

CAPRESE SKEWERS

You may think it's crazy to take these to the field but they are fun and light and sooo tasty. I don't think you need too much of a side with something like a calzone. You can package these in a snack sized ziploc bag.

<https://aqueenathekitchen.com/caprese-skewers/>

Prep: 10 Minutes
Able to prepare early

DESSERT

BLUEBERRY PEACH CRISP

I'm a big crisp fan...but you can only eat so many apple crisps. So here is a blueberry peach crisp! This recipe is better than apple crisp because it's easier. You can use frozen fruit! Fresh or canned works too.

<https://aqueenathekitchen.com/blueberry-peach-crisp/>

Prep: 30 Minutes
Cook: 1 Hour
Serves: 6-8 People
Cooked Via: Oven

SALAD

GREEK LENTIL SALAD

If you don't think lentils are your crew's jam then make regular Greek salad. I think that this salad is a great introduction to eating lentils. Quick to put together and gets better over time, perfect for making ahead and taking to the field!

<https://aqueenathekitchen.com/greek-lentil-salad/>

Prep: 15 Minutes
Cook: 20 Minutes
Serves: Up to 12 People
Able to prepare early
Cooked Via: Stove Top



MAIN

BUFFALO CHICKEN BOWLS

Shredded chicken coated in Everyone's favourite chicken wing flavour and cream cheese. Served with Quinoa and fresh toppings. Hey, you all said you wanted something different than the same old same old..so try this!! If you have spice adverse diners try the salsa chicken on my site instead.

<https://aqueenathekitchen.com/buffalo-chicken-bowls/>

Prep: 5 mins
Cook: 3 Hours
Serves: 4
Cooked Via:Slow Cooker

SIDES

VEGGIE CUPS OR GARLIC CHEDDAR BISCUITS

Check out the photo of these in the ranch dressing recipe below. If you want a more substantial side try my cheddar drop biscuits they are quick, easy and delicious.

<https://aqueenathekitchen.com/garlic-cheddar-drop-biscuits/>

DESSERT

BROWNIES

These brownies are so fudgy and delicious. I even include a tip to getting them sliced perfectly.

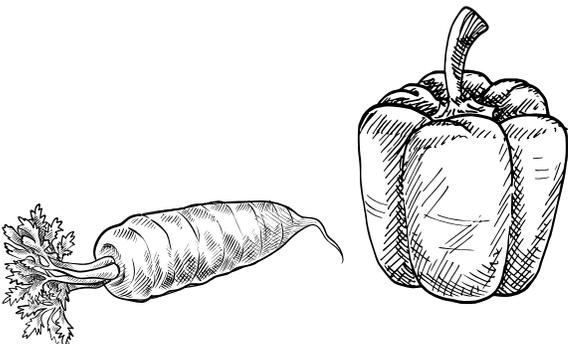
<https://aqueenathekitchen.com/fudgy-brownies/>

SALAD

GARDEN SALAD

This salad is meant to balance out the heat of the main dish. I have a link below for homemade Ranch Dressing. 100% no judgement if chef Kraft is in charge of this dishes dressing though.

<https://aqueenathekitchen.com/homemade-ranch-dressing/>



MAIN

CLASSIC CHILI

This is a popular meal in the field for a reason, most people love it. If they don't that's ok they will fill up on tonight's delicious side: Dinner Rolls.

<https://aqueenathekitchen.com/classic-chili/>

Prep: 25 Minutes

Cook: 6 Hours

Serves: 6 People

Able to prepare early

Freezer Friendly

Cooked Via: Slow Cooker

SIDES

DINNER ROLLS

These dinner rolls are just Devine, a carboholics dream. If you make these just be prepared to make them again... and again.. and again

<https://aqueenathekitchen.com/soft-dinner-rolls/>

DESSERT

HONEY GLAZED DOUGHNUTS

Donuts make the best dessert for the field because they are so handy to grab and go back to work. If you have great donuts locally then grab them one night for dessert. If not or maybe you want to try your hand at the best donuts I have ever eaten or made then try this recipe. SO GOOD.

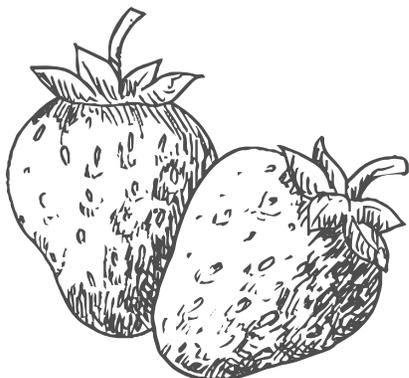
<https://aqueenathekitchen.com/honey-glazed-doughnuts/>

SALAD

STRAWBERRY SPINACH SALAD

This salad comes across as fancy but in reality it's so quick and easy to throw together. Prewashed spinach+pecans+feta+red onion+strawberries. You can make your own dressing (recipe on the site) or buy creamy poppyseed from Kraft.

<https://aqueenathekitchen.com/stawberry-balsamic-berry-salad/>



MAIN

BUTTER CHICKEN

I am pretty sure Butter Chicken is the most popular Indian dish and there is a reason for that. The seasonings are pretty common the sauce is cream and tomato based and it's just straight up delicious. So even if you're not familiar with it, give it a try. Dishes like this and other curries are so great for meals in the field because the warm sauce keeps it hot for a long time!

Prep: 10 Minutes

Cook: 10 Minutes

Serves: 4

<https://aqueenathekitchen.com/easy-butter-chicken-and-naan/>

SIDES

RICE & NAAN BREAD

You can serve Basmati rice with Butter Chicken, I usually serve it with Uncle Ben's Converted Rice because it's my favourite. This meal is also good with Naan Bread which you can make yourself or you can find at your local grocery store.

Naan Bread:

<https://www.instagram.com/p/CLGAILpFHdv/>

DESSERT

BLUEBERRY LEMON BUNDT CAKE

Everyone will think you're being fancy serving cake in the field when in reality this is just a blueberry muffin in a different form. It's better than muffins because you just have to fill one pan and not all those little muffin tins. Freezes great so feel free to make ahead and cut into serving sizes and package and freeze for a quick ready made dessert.

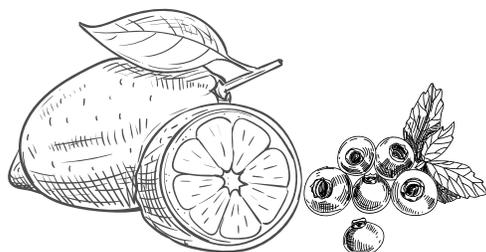
<https://aqueenathekitchen.com/blueberry-lemon-bundt-cake/>

SALAD

SWEET CHILI COCONUT SLAW

This salad is so different from the usual! If you or your crew are saying that you're tired of the same old dishes this slaw is here to mix things up! Made with common ingredients and gets better over time so it's perfect for meals in the field.

<https://aqueenathekitchen.com/sweet-chili-coconut-slaw/>





PLANNING & TEMPLATES

MEALS IN THE FIELD GUIDE 2021

VARIETY IS THE SPICE OF LIFE

Truthfully this doesn't need to be in this guide at all but if you're wondering how I decide what to cook in a week, here are the rules I stick to internally as I plan things out. You can cook the classic dishes you and your family love for meals in the field, just be sure to order them in a way that keeps things exciting!

TRAVEL THE WORLD, IN A WEEK

Travelling around means you will be using different spices so you're sure to keep it exciting if you do something like:

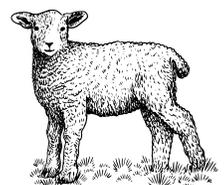
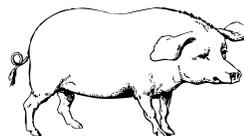
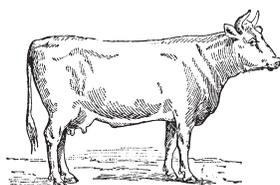
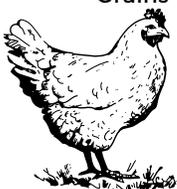
- Mexican Mondays (ie: Tacos)
- Italian Tuesdays (ie: Pasta)
- Asian Wednesdays (ie: Stir Fry)
- Middle Eastern Thursdays (ie: Curry)
- French Fridays (Roasted Chicken)
- Southern USA Saturdays (ie: BBQ)
- British Sundays (ie: Roast & Potatoes)

..you get the idea ☒

DIFFERENT CARBS/STARTCHES

If you're super dedicated to pasta then that's fine, we are probably meant to be roommates. However to keep my husband from judging me too much I like to mix up my life and have a rotation of Carbs & Starches.

- Potatoes
- Pasta
- Rice/Rice Noodles
- Bread
- Grains



DIFFERENT PROTEINS

Chicken.chicken.chicken.chicken
 boring.
 beef.beef.beef.beef.
 boring.
 pork.pork.pork.pork.
 boring.
 fish.fish.fish.fish.
 boring
 lamb.lamb.lamb.lamb
 boring.

CHICKEN - BEEF - PORK - FISH -LAMB
ALLLLR!!!!GGGGHHHTT!!! ☒

*There is no fish in this guide, I am not a fan of tuna casserole and other fish doesn't travel well.

DIFFERENT CUTS

I love steak. But A week of beef steak then a pork chop then a lamb chop then a chicken breast? I don't know, I find that boring. Ground meat is great But having it a different way each night is boring. Try to mix up your cut of protein even if it is a different animal & cuisine than the night before



Q & A

MEALS IN THE FIELD GUIDE 2021

Q: How am I supposed to please everyone? I have varrious dietary requirements some are vegetarian, some do not eat pork.

A: I would stick to meals that are cooked and served individually that can be easily customizable.

- Calzones
- Burritos
- Burrito Bowls
- Individual Savory Pies
- Individual Quiches

Q: What food is best to make when the time we are supposed to eat changes frequently?

A: If you are dealing with a lot of indecisive Ivan's on your farm then I would Stick to meals that are made in the slow cooker. Switch it over to warm setting if they call and tell you to hold off on coming out. Casseroles are good too as they can be kept longer wrapped in foil (to prevent drying out) and in the oven set to its lowest temperature.

Q: Farmer Approved

A: You know your crew better than anyone so if they aren't into Currys in January don't be bringing it out to the field in September. You want meals that aren't going to hold them up too long, can be eaten pretty easily (bite sized pieces or tender meat) and that don't give them food poisoning hahaha.

All the meals I have included are approved by MY farmer but that doesn't mean much he will litterally eat anything

Harvest Meals

MEALS IN THE FIELD GUIDE 2021

SUNDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____

MONDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____

TUESDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____

WEDNESDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____

THURSDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____

FRIDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____

SATURDAY

Main: _____
Side: _____
Salad: _____
Dessert: _____



Groceries

MEALS IN THE FIELD GUIDE 2021

VEGETABLES

FRUIT

FROZEN

BAKERY

MEAT

DAIRY

DRY GOODS

