



The Fresh Veggie Series

Vine & Fig Educational Outreach Program



This Week's Produce Items:

Cucumber, Fresh Garlic, Cilantro, Head Lettuce, Scallions, Salad Mix, Turnips

Recipe of the Week:

Summer Salad with Cucumber and Garlic

Ingredients

- 1 or 2 tomatoes
- 1 cucumber
- ½ medium red onion
- 1 avocado
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice or lime juice
- 1 teaspoon garlic – minced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons cilantro – chopped (optional)

Directions

1. Chop cucumbers, tomatoes, onion and avocado and place in a salad bowl.
2. Add olive oil, vinegar, lemon juice, dried basil, garlic, salt and pepper to a lidded jar. Screw on the top and shake to blend all ingredients. Pour dressing over chopped vegetables and toss.
3. Sprinkle cilantro on the salad. Taste and adjust salt and pepper. Toss and serve immediately. Enjoy!



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM