



Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Radical Roots Farm: Cherry Tomatoes, Tomatoes, Peppers, Scallions, Parsley, Onions, Beets, Garlic, Basil, Zucchini or Cucumber

Recipe of the week: Cherry Tomato Salad

Ingredients

- 1 pound cucumbers diced
- 1 pound ripe tomatoes
- 1/3 cup minced onion (optional)
- 1/2 cup minced fresh parsley
- 3 tablespoons extra virgin olive oil
- 3 tablespoons fresh lemon juice
- Salt to taste

Directions

1. Dice cucumbers.
2. Cut cherry tomatoes in halves (or leave whole if they are quite small).
3. Mince onion and parsley.
4. Mix in a bowl with lemon juice and olive oil.
5. Salt to taste.

Enjoy!



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM