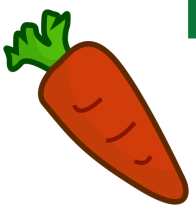


Fresh Veggie Series

Vine & Fig Educational Outreach Program

Carrots provided by St. Isidore Homestead & Permaculture
and the remainder supplied by Radical Roots Farm. THANK YOU!

This Week's Produce Items:

Lettuce/Salad Mix, Carrots, Onion, Beets, Fresh Garlic

Recipe of the Week:

Carrot/Beet Slaw recipe adapted from

A Guide to: Farm-Fresh Seasonal Produce

Ingredients:

- 2 medium beets
- 3 large carrots
- 1 medium onion (optional)
- ½ cup olive oil
- ¼ cup lemon juice
- Salt and pepper to taste

vinefigeducation.org/recipes

Instructions:

1. Grate vegetables on a medium-fine grater or in a food processor all together into a bowl.
2. Add olive oil and lemon juice as a salad dressing to suit your taste. (You don't want to be swimming in dressing, but you want the tartness of the lemon to be prominent.)

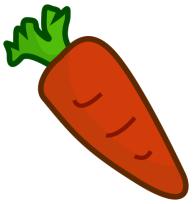
JUBILEE CLIMATE FARM

St. Isidore Homestead & Permaculture

Virginia Department of Agriculture and Consumer Services

ORGANICALLY GROWN RADICAL ROOTS COMMUNITY FARM

Serie de verduras frescas



Programa de Extensión Educativa Vine & Fig

Productos proporcionados por Radical Roots Farm y
St. Isidore Homestead & Permacultura

Productos de esta semana:

Mezcla de lechuga/ensalada, col rizada, espinacas, remolacha, albahaca, cilantro, pepinos, ajo

Receta de la semana:

Carrot/Beet Slaw (receta adaptada de)

A Guide to: Farm-Fresh Seasonal Produce

(Una guia para: Productos frescos de temporada)

Ingredientes:

- 2 remolachas medianas
- 3 zanahorias grandes
- 1 cebolla mediana (opcional)
- ½ taza de aceite de oliva
- ¼ de taza de Jugo de limón
- Sal y pimienta al gusto

vinefigeducation.org/recipes

Instrucciones:

1. Ralle las verduras en un rallador medio-fino o en un procesador de alimentos, coloque todo junto en un bol.
2. Agregue el aceite de oliva y jugo de limón al gusto como aderezo para las verduras ralladas (la ensalada no tiene que nadar en el aderezo, pero el sabor ácido del limón debe ser prominente).