

2025



# Fresh Veggie Series

Vine & Fig Educational Outreach Program



## This Week's Produce Items:

**Radical Roots Farm:** Radishes, Scallions, Salad Mix, Garlic Scapes, Herb, Kale, Broccoli or Collards from Jubilee Climate Farm and Carrots with their tops from St. Isidore Homestead & Permaculture

**St. Isidore Homestead & Permaculture:** Carrots with tops, Cilantro and Salad Mix

**Friendly Neighbor Gardens:** Carrots with tops, Garlic Scapes, Kale

## Recipes of the week:

Tabbouleh salad with carrots, garlic scapes, kale and mint

### Ingredients

- Bulgur
- 2 carrots with 1/4 cup finely chopped carrot tops
- 8 large kale leaves (stalks removed)
- 4-6 stalks of mint leaves
- 1/2 cup chopped parsley (stems removed)
- 3 tomatoes
- 2 cucumbers
- 4 garlic scapes
- 1/2 teaspoon balsamic vinegar
- 1 Tablespoon olive oil
- 1/4 cup + 1 Tablespoon freshly squeezed lemon juice
- 1/2 teaspoon salt

### Directions

1. In a small jar combine balsamic vinegar, olive oil, lemon juice & salt.
2. Place bulgur in a large bowl with 2 cups of boiling water over the top. Cover and let sit until water is absorbed and bulgur is soft.
3. Finely chop kale, parsley and carrots tops, and toss with one Tablespoon of lemon dressing and massage for 1 minute using both hands.
4. Dice tomatoes and cucumbers. Chops scapes and toss onto massaged kale.
5. Add bulgur to veggies. Then add finely chopped mint.



[vinefigeducation.org/recipes](http://vinefigeducation.org/recipes)