

# Fresh Veggie Series

Vine & Fig Educational Outreach Program



## This Week's Produce Items:

**Radical Roots Farm:** Cucumbers, Kale  
Turnips/Radishes, Head Lettuce, Parsley.

Carrot with tops and Mint from St. Isidore Homestead & Permaculture

**St. Isidore Homestead & Permaculture:** Carrot with tops, Mint, Scallions,  
Head Lettuce, Cilantro and Radical Roots' Garlic Scapes.

## Recipes of the week:

Kale Tabbouleh salad with mint and garlic scapes

### Ingredients

- Bulgur
- 2 carrots with ¼ 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)

