

Fresh Veggie Series



Vine & Fig Educational Outreach Program



This Week's Produce Items:

Radical Roots Farm: Garlic, Cucumbers, Kale, Lettuce Mix, Scallions, Parsley & Green pepper
St. Isidore Homestead & Permaculture: Cucumbers, Scallions, and Carrots

Recipe of the week:

Cucumber Tomato Avocado Salad

Ingredients

- Roma tomatoes
- 1 cucumber
- 1/2 medium red onion
- 1 avocado
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice or lime juice
- 1 teaspoon garlic – minced
- 1/2 teaspoon salt
- 1/4 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