



Summer Share Pick-Up Week 4

Harvest Oil & Vinegar June Specials, 15% off:

Garlic Olive Oil, Honey Ginger Balsamic

Prepara Herb Savors

Tunisian Turnip Potato Salad

3 turnips, roasted and diced

3 potatoes, roasted and diced

1 garlic scape, finely chopped

1 small spring onion with greens attached or one small onion and one green onion, diced

1/4 c pickles, chopped, I used bread and butter pickles

4 eggs, hardboiled and diced

2 T Harvest Persian Lime Olive Oil

2 T Harvest Harissa Olive Oil

1/4 c Harvest Blenheim Apricot Balsamic Vinegar

sea salt to taste

Mix all ingredients in a medium size bowl and chill before serving.

Honey Ginger Sesame Kale Salad with Zucchini Noodles

4 garlic scapes, finely chopped

2 spring onions with greens attached, diced

1 bunch kale, finely chopped

1 c fresh basil and or cilantro chopped

1/4 c Harvest Honey Ginger Balsamic Vinegar

1/4 c Harvest Toasted Sesame Oil

2 T soy sauce

1 tsp fresh ginger (optional)

3-4 medium zucchinis and/or yellow summer squash spiralized into noodles

udon noodles to add to zucchini noodles or instead of if you don't have a spiralizer

sesame seeds for garnish

Mix all ingredients in a bowl except for noodles, and work kale with hands or spoon to ensure it is all coated with the dressing and breaks down into tender greens. Let sit for as long as possible before serving to let dressing soak in. Serve cold or heat in pan before serving over zucchini or udon noodles. I also served this with my ginger lime tilapia- that recipe can be found at www.beckymindfultkitchen.com under the Harvest Oil and Vinegar recipe section.