



Herb Vinaigrette

Featured Item: Herbs
Serving Size: 2 tbsp • Yield 4

Fun Facts:
In the garden, basil keeps bad bugs away from tomatoes!

Try It!
See how many herbs you can guess by smell alone.

INGREDIENTS

- 2 tablespoons** Apple cider vinegar
- 1 tablespoon** Honey
- 1/3 cup** Canola oil
- 2 tablespoons** Local Herbs, chopped
- 1 1/2 teaspoon** Lemon juice
- 1 teaspoon** Garlic
- 1/2 teaspoon** Salt



DIRECTIONS

1. In a mixing bowl, combine vinegar, honey, lemon juice, and garlic. Whisk well.
2. While whisking, slowly add canola oil.
3. Mix in chopped local herbs.
4. Add salt to taste.

NUTRITION FACTS

Calories: 180
Total Fat: 18 g
 Saturated Fat: 1 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 221 mg
Total Carbohydrate: 4 g
 Dietary Fiber: 0 g
 Total Sugars: 4 g
Protein: 0 g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

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Basil Pesto

Featured Item: Herbs

Serving Size: 2 tablespoons • Yield 4

Fun Facts:

Eating parsley helps with bad breath.

Try It!

Use dried herbs if fresh ones are out of season.

INGREDIENTS

- 1/2 cup** Basil, fresh, Local
- 3 tablespoons** Olive oil
- 1 tablespoon** Parmesan cheese, grated
- 2 teaspoons** Lemon juice
- 1 teaspoon** Garlic, fresh, peeled
- 1/4 teaspoon** Black pepper



DIRECTIONS

1. In the food processor, add basil, along with all of the other ingredients except olive oil.
2. Pulse until smooth, drizzling in olive oil as needed to thin.
3. Taste. Cheese usually provides enough salt. Can add up to 1/2 teaspoon of salt per 16 yield batch if needed.
4. Enjoy! This can be used on pasta, fish, chicken, or sandwiches. Can be frozen up to 1 month.

NUTRITION FACTS

Calories: 102
Total Fat: 11 g
 Saturated Fat: 1 g
 Trans Fat: 0 g
Cholesterol: 02 mg
Sodium: 17 mg
Total Carbohydrate: 0 g
 Dietary Fiber: 0 g
 Total Sugars: 0 g
Protein: 1 g



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HOME RECIPE

Strawberry, Cucumber, Basil Salad

Featured Item: Herbs

Serving Size: 1/2 cup • Yield 12

Fun Facts:

Basil leaves can grow in the shape of a heart.

Try It!

Swap out watermelon for strawberries in this recipe.

INGREDIENTS

- 2 tablespoons** Basil, fresh, LOCAL, chopped
- 3 cups** Strawberries, sliced
- 3 cups** Cucumber, sliced and quartered
- 1/4 cup** Balsamic vinegar
- 2 tablespoons** Sugar
- 1/2 teaspoon** Salt
- 1/4 teaspoon** Black pepper



DIRECTIONS

1. Wash and chop basil.
2. Wash cucumbers. If they have seeds, remove them. Then dice cucumber into small pieces.
3. Wash and slice strawberries.
4. Place strawberries, basil, balsamic, and sugar in a bowl. Toss gently to coat. Cover and chill for 1 hour.
5. Combine cucumbers, salt, and pepper with strawberry and basil mixture. Toss gently to coat.
6. Serve immediately.

NUTRITION FACTS

Calories: 19
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 49 mg
Total Carbohydrate: 4 g
 Dietary Fiber: 1 g
 Total Sugars: 3 g
Protein: 0 g



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