

## Kitchen Garden at Collingwood College Term 3, 2018

### Name of Recipe: Winter Grapefruit, Orange & Radish Salad with Broad-bean tips, Mint, Parsley, Olive Oil & Fetta

#### Volunteer Notes;

Make sure all the pith has been cut off each citrus.

From our garden- edible flowers, chives, parsley, mint, calendula & nasturtium leaves, broad-bean tips

What to collect	What to do
2 x Oranges 3 Grapefruit	<p>Cut the base and the top off the citrus, so they can sit flat on the board.</p> <p>Using a paring knife &amp; keeping your fingers holding the fruit in a bear claw- gently cut (using a sawing motion) the peel off the body of the citrus. Remember to follow the curve of the citrus.</p> <p>Once all peel is removed- put this into the bin, as our worms do not like a lot of acidic food.</p> <p>Now cut the citrus into 2 halves, lay the flat side on your board and then slice thinly into ½ rounds.</p> <p>Put into a large bowl with all the collected juice.</p>
Salad spinner 4- Spring onions Finely sliced ½ bunch continental parsley/ picked 10 mint stalks-leaves picked Rocket leaves-wash/dried 1 x portion radish/trimmed/washed & finely sliced 2 x carrots, peel & shave into ribbons	<p>Trim the spring onions and slice them finely</p> <p>Pick parsley &amp; Mint into sprigs, wash and dry. Add all to the citrus bowl.</p> <p>Slice the radish finely. Add to the bowl and gently mix. Add the broad-bean tips.</p> <p>Shave the carrots, add to the bowl. Add rocket.</p>
Olive oil – extra virgin	<p>Pour approximately 80 ml of olive oil into the salad, crack pepper. Gently mix the salad.</p>

Crack black pepper Edible flowers-borage/calendula Broad-bean tips-washed	Divide onto 3-4 glass platters & decorate with edible flowers, small nasturtium leaves.
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