

Kitchen Garden at Collingwood College Term 4, 2018

Name of Recipe: Spring Salad; Radish, Snow peas, Apple, Baby leaves, herbs & orange Vinaigrette

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, leaves

What to collect	What to do
4 x Oranges-zest 2	<p>Cut the base and the top off the citrus, so they can sit flat on the board.</p> <p>Using a paring knife & 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- <u>put this into the bin</u>, 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 <u>slice thinly into ½ rounds.</u></p> <p>Put into a large bowl with all the collected juice.</p>
4- Spring onions Finely sliced ½ bunch continental parsley/ picked 10 mint stalks-leaves picked Radish/trimmed/washed & finely sliced Rocket & salad leaves- wash/spin dry 2 x apples, slice thinly & then to matchsticks Snow peas	<p>Trim the spring onions and slice them finely</p> <p>Pick parsley & 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.</p> <p>Prepare the greens-set aside.</p> <p>Prepare apples, place in a bowl of cold water until needed.</p> <p>Prepare the snow-peas-blanch for 30 seconds-refresh under cold water., drain, add to the bowl.</p>
60 ml XV Olive oil Orange zest Crack black pepper Mung beans-washed/drained	<p>Mix 60 ml olive oil, crack pepper, zest & pour onto oranges & gently mix.</p> <p>Divide salad greens onto 3-4 glass platters & then orange salad, decorate with mung beans, edible flowers, small nasturtium leaves.</p>

Edible borage/calendula Broad-bean tips-washed	flowers-	
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