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Kitchen Garden at Collingwood College-Menu 7, 2021

Name of Recipe: Winter Orange, Lettuce, Fennel & Date Salad

Volunteer Notes.

Please ensure all the pith has been cut off each citrus.

From our garden- Oranges, Lettuces, edible flowers, Spring Onion, parsley, mint, beetroot leaves, nasturtium leaves, edible flowers

What to collect	What to do
4 Oranges-1 for each student	<p>Cut the base and the top off the citrus, so they can sit flat.</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- 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 sprigs continental parsley/ picked	Pick Parsley & Mint into sprigs, wash and dry. Add all to the citrus bowl.

