

Kitchen Garden at Collingwood College 2019

Name of Recipe: Winter salad of Pumpkin, Spinach, Pomegranate & flaked Almonds

Volunteer Notes: **Oven on 200 o.c.** You will do Pumpkin in the oven, and then toss with the dressing, cool.

From our garden: All herbs, greens, edible flowers, citrus

What to collect	What to do
1 kg Pumpkin, diced (Macedoine) Roasting pan lined w baking paper XV Olive oil, thyme, bay-leaves, rosemary, garlic cloves Salad spinner Dill, Mint, parsley sprigs, picked off stem, washed/dried-leave as small leaves 2 x Oak leaf lettuce 1 x basket small broad-bean, beetroot, calendula, nasturtium leaves	<ul style="list-style-type: none">• Dice the pumpkin, decide if you would like the skin on or off. Toss in the oil/herbs/garlic and roast until soft, when skewered (20min).• Cool & divide into 3 small bowls.• Pick & wash all the herbs, set aside into 3 small bowls. <p>Pick & wash all the greens and dry. Divide into 3 large bowl for tossing the salad</p>
Orange Dressing; 80 ml olive oil 1 orange washed/zested & juiced 1 tbsp Dijon mustard 1 tbsp Honey (check allergies/vegan) Salt/pepper Whisk/bowl	<ul style="list-style-type: none">• Measure & add all ingredients to the bowl and whisk well, then taste.

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Portion mixed seeds 2 tbsp soy sauce Sauté pan	Dry toast the seeds, add soy sauce, stir seeds and remove from pan. Set aside into 3 small bowls.
Nasturtium & calendula flowers 3 x platters	<ul style="list-style-type: none">• 8 minutes before serving, toss the pumpkin, greens, herbs with the dressing.• Divide onto 3 platters, sprinkle with toasted seeds & edible flowers.• Serve with salad spoons or tongs.