

Kitchen Garden at Collingwood College Term 1- Menu 1-2021

Name of Recipe: Salad of our Tomatoes, Zucchini, Cucumber & Basil

Volunteer Notes: This is a cold salad embodying all the flavours of our Summer harvest! You will be using many varieties of tomatoes, please help identify them with the students.

TOMATOES-(Lycopersicon esculentum)

Native to Central & South America

Season in our garden at C.C > January until late April

Tomato varieties that will be harvested this year included;

Black Russian, Tigerella, Yellow Pear, Tommy Toe, Green Zebra, Roug de Maramande, Cherry –Red & Yellow, Ponderosa Red



What to collect	What to do
Tomatoes, cut into 1/2 2 x cucumber - Large dice 1x Yellow zucchini, fine dice Blackjack zucchini, fine dice Large bowl	Wash all the tomatoes, drain to dry. Using "tunnel cut" slice slowly into 1/2. Place in a bowl. Using "tunnel cut" -slice cucumber & zucchini into 1/2 and then lay flat on the board. Now dice.
1 x cup Italian basil	Pick, Wash & Spin-dry each HERB separately.

