

Harvest of the Month

Featured Recipes ***Tomato-Cucumber Salad***

Ingredients

- 2 medium tomatoes, approx 6 oz ea
- ½ a large cucumber, approx 6 oz
- 2 tablespoons minced fresh flat-leaf parsley
- 2 tablespoons blended oil or olive oil
- 1 tablespoon lemon juice
- 1½ teaspoons honey
- ¼ teaspoon garlic powder
- Pinch of salt

Directions

1. Dice the tomatoes and cucumber into bite-size pieces. Add them to a medium bowl.
2. Finely mince the parsley and add it to the bowl.
3. In a small bowl, whisk together the oil, lemon juice, honey, garlic powder, and salt until combined.
4. Pour the dressing over the tomato and cucumber mixture.
5. Gently toss until everything is evenly coated. Refrigerate for 15–30 minutes to allow the flavors to develop.

Watermelon, Cucumber & Lime Salad

Ingredients

- 1¾–2 lb seedless watermelon
- 1 medium cucumber, approx 10 oz
- 2½ tablespoons lime juice
- 1 tablespoon honey

Directions

1. Cut the watermelon into bite-size cubes and place in a large bowl.
2. Cut the cucumber into slices and add to the watermelon.
3. In a small bowl, whisk together the lime juice and honey until well combined.
4. Pour the lime-honey dressing over the watermelon and cucumber.
5. Gently toss to coat, being careful not to break up the watermelon.
6. Refrigerate until ready to serve.