

Cucumber Salad

with Onion Chive Blossom Vinaigrette



Supplies

- slicing knife
- spoon
- measuring cups and spoons
- bowl
- mason jar with lid

Ingredients

Salad

- 3 cups sliced cucumbers
- 1 lime
- 1 tablespoon fresh lemon balm leaves loosely packed
- 1 tablespoon fresh mint leaves loosely packed
- 1 teaspoon tuscan seasoning

Vinaigrette

- 6 tablespoons olive oil
- 2 tablespoons onion chive blossom vinegar
- 1 tablespoon wildflower honey
- ¼ pepper
- ¼ kosher salt



“Remember, anyone can be a gardener.
You just have to get ready, get set, & grow!”
Gardener Shicole

Directions

Salad

Rinse cucumbers. Cut off ends and discard. Slice cucumbers in half vertically. Use spoon to scrape out seeds and discard. Slice cucumbers until 3 cups are measured. Place cucumbers in the bowl.

Slice lime in half. Squeeze both halves of lime over the cucumbers.

Cucumber Salad

with Onion Chive Blossom Vinaigrette



Directions continued

Salad continued

Take lemon balm leaves and mint leaves off of their stems. Loosely pack lemon leaves to measure one tablespoon. Loosely pack mint leaves to measure one tablespoon. Combine leaves and mince. Add minced leaves to the bowl plus the tuscan seasoning. Use spoon to lightly toss cucumbers slices, covering them with the lime juice, leaves, and tuscan seasoning. Set aside.

Vinaigrette

Add olive oil, onion chive blossom vinegar, wildflower honey, salt & pepper to a mason jar. Screw on lid securely. Vigorously shake the mason jar until all ingredients combine.

If honey does not dissolve, warm up the mason jar. Remove the lid, and heat in the microwave for 30 seconds or less, OR bring water to boil in a pot on the stove, cut off the burner, and add the mason jar for a few minutes to help honey dissolve. Once heated, by either method, shake mason jar to recombine ingredients. Also, shake the mason jar to recombine ingredients any other time the ingredients separate.

If vinaigrette was heated, refrigerate before enjoying with the salad.

Optional: Top salad with feta cheese.



“Food is nourishment.
Food is joy!
Enjoy!”
Gardener Shicole