

GARDEN TO TABLE

RECIPE: WINTER GREEN SALAD WITH TOASTED PUMPKIN SEEDS

VOLUNTEER NOTES :

The vegetables and herbs will vary depending on what is available to harvest.

Julienne - to slice into thin sticks.

What to collect	Ingredients
Knives Boards colander Large bowl Salad spinner Measuring cup frypan	A selection of winter vegetables and herbs -radishes -salad leaves - cabbage - mustard leaves -parsley -coriander 1/2 C toasted pumpkin seeds
1. Wash all vegetables, drain in a colander and dry in a clean tea towel or spin in a salad spinner 2. <u>Julienne</u> the radishes 3. Thinly slice the cabbage 4. Wash the herbs, drain and dry. Chop. 5. Toast the pumpkin seeds in a hot frypan for a couple of minutes until they change colour. 6. Toss gently together in a large bowl. 7. Dress the salad just before serving.	

