



Urban Harvest

## Fresh from the Garden

### Simple Spanish Gazpacho

#### INGREDIENTS:

6-8 tomatoes, chopped  
(Roma or plum)  
1/2 onion, chopped finely  
(white or red)  
1/2 onion, 1/4" chunks  
2 small or 1 large cuke  
1/4 tsp. sea salt (or to taste)  
1/4 tsp. pepper  
1/3 cup olive oil  
1 lemon, juiced  
basil, cilantro or parsley  
2 cloves garlic

#### PREPARATION:

- Pour olive oil and lemon juice into a blender or food processor.
- Add all of the vegetables, then the fresh herbs (add more herbs as needed).
- Use the "chop" or "grate" mode until the gazpacho is soupy but still chunky.
- Taste, then add more seasonings to your preference.
- Serve very cold as a summer appetizer or as a meal with tabasco and parmesan cheese and a crusty bread.

[Simplified from Food.com recipe.]

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### Kool Kale Salad

#### INGREDIENTS:

4 cups of chopped kale  
1/4 cup lemon/lime juice  
1/4 cup olive oil  
2 tbsp. parmesan cheese  
1/4 tsp. sea salt  
1/4 cup roasted, salted  
sunflower seeds  
1/4 cup golden raisins,  
dried craisins, etc.

#### Optional:

1-2 cloves minced garlic  
drizzle of agave nectar

#### PREPARATION:

- Remove stems & chop kale leaves into bite-sized pieces using kitchen shears. Place in large salad bowl.
- Blend lemon or lime juice, oil, parmesan cheese & sea salt. Add drizzle of agave nectar if mixture is too tart for young palates & garlic if you choose.
- Combine kale with salad dressing & dried fruit, cover & put overnight in the refrigerator.
- The next day, stir salad to coat with dressing again, then add seeds.
- Serve & enjoy!

This is a refreshing salad that has converted many carnivores into kale eaters. The dressing breaks down the tough kale leaves leaving it tender & tasty. Similar recipes are served at many of the finest restaurants.

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## Fresh from the Garden

### Shepherd's Salad

#### INGREDIENTS:

1-2 medium cucumbers  
6-10 cherry tomatoes  
1 small green onion  
juice of 1/2-1 lemon  
1/4 tsp. sea salt  
dash of pepper

#### PREPARATION:

- Wash all produce and allow to dry.
- Slice and dice the cucumber with skin on (if thin-skin variety).
- Quarter cherry tomatoes and put into salad bowl with diced cucumber.
- Mince onion very fine and add to bowl.
- Juice 1/2 of lemon and drizzle over salad.
- Sprinkle salt and pepper and mix well. Add more lemon juice to taste.

Chill or serve immediately and enjoy!

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### Cool Garden Snacks

#### INGREDIENTS:

1 slicing cucumber,  
scrubbed w/peel on  
12 ripe cherry tomatoes,  
rinsed  
12 basil leaves, rinsed  
24 wheat or rice crackers,  
low salt  
low-fat cream cheese,  
softened

#### PREPARATION:

- Slice cucumber into 24 thin slices.
- Cut cherry tomatoes in half, remove stem.
- Tear basil leaves into half.
- Spread a thin layer of cream cheese on each cracker. Top with cucumber, basil & tomato, cut side down.

Share and enjoy . . . bon appetit!

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