



Fresh from the Garden

Marinated Radish Salsa

INGREDIENTS:

1 bunch of radishes (about 15 small)
 1/4 medium sweet onion or 1-2 green onions
 2 1/2 tbsp. cilantro or mint, chopped
 2 1/2 tbsp. parsley, chopped
 1 large lime- 3 1/2 tbsp juice
 1 tbsp extra virgin olive oil
 salt & pepper to taste

PREPARATION:

- Finely mince the onion.
- Cut the stem end off the radishes and chop them up into small chunks for a side salad or grate into finer pieces if using as a salsa.
- Squeeze the juice of the lime over top and drizzle with the extra virgin olive oil. Season to taste with salt and pepper.
- Roughly chop the cilantro (or mint) and parsley. Toss everything together and let it sit at room temperature for at least 20 minutes.
- Serve as a side salad, as a salsa on tacos or with corn tortilla chips!

Similar salads have been served in Brazilian restaurants to compliment heavy meats.

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org



Urban Harvest
Gardening for good.

Fresh from the Garden

Apple Beet Salad

INGREDIENTS:

1 beet, washed & peeled
 4 Gala apples, washed
 1/2 cup of raisins
 1 orange
 honey or agave nectar

PREPARATION:

- Grate beet into mixing bowl.
- Cube apples with skin on (if organic); peel and cube if not, then add to beets.
- Add raisins and squeeze the juice from orange into the bowl.
- Drizzle honey or agave nectar (to taste), mix together and serve.

Zoli's favorite way to eat fresh, crunchy beets . . . enjoy!

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org



Fresh from the Garden

Pickled Radishes

INGREDIENTS:

8-10 medium radishes
 1/2 cup red wine vinegar
 1/2 cup water
 1 tsp. salt
 1 tbsp. sugar or agave

PREPARATION:

- Wash the radishes. Cut off greens and tap root.
- Cut radishes in half, then slice thinly or chop roughly.
- Pack into a clean jar or plastic food storage container.
- Mix together the vinegar, water, salt and sweetener.
- Pour over radishes and chill for at least 15 minutes.

This is a tasty condiment that can be used as a relish, garnish or just heaped on a cracker. If using the "Add Ons," the beet can reduce or replace the sweetener. The pepper will make the relish spicier.

After the radishes are eaten, try adding chunks of carrots, onions or cauliflower to the brine and discuss food preservation with the students. Refrigerate and taste at a later class.

Optional "Add Ons"

- 1/2 small beet, sliced
- Tabasco pepper, whole

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org



Urban Harvest

Fresh from the Garden

Leafy Greens Wraps

INGREDIENTS:

1 large leafy green per student (Swiss chard, lettuce or kale)
 2-3 apples to cut 1 slice per student
 Sunflower butter

PREPARATION:

- Harvest, wash and dry leafy greens from the garden.
- Slice apples enough to give each student one slice.
- Spread sunflower butter on each apple slice.
- Place apple slice at one edge of leafy green and roll into a "garden taco."

Savory Options:

1 carrot stick
 Cream cheese/hummus
 Herbs such as dill, basil, cilantro

Sweet version makes a fun, healthy snack. The savory version could be used as a snack, appetizer or side.

Urban Harvest ■ 2311 Canal St. #200 ■ Houston, TX 77003 ■ 713.880.5540 ■ www.urbanharvest.org