



LOON ORGANICS

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Mediterranean Salad

This is a "recipe" that is tailored to whatever vegetables are in season, and we usually eagerly anticipate the first fennel and cucumbers of the year to make it. One of our favorite variations is below; it is also great with olives and feta cheese. Makes for a lovely cooling salad during the hot and steamy summer months.

2 slicing cucumbers

1 bulb fennel and part of stalks (reserve fronds for a pesto or to grill fish, chicken, or tofu)

1 medium heirloom tomatoes or 1/2 pint of cherry tomatoes

1 sweet pepper, red, orange, or yellow

1 bunch spring onions or scallions

Simply slice vegetables and dress with the balsamic vinaigrette. If you can, prepare salad a bit ahead of time to chill and let the flavors meld together.

Balsamic Vinaigrette

5 tablespoons olive oil

2 tablespoons aged balsamic vinegar

½ teaspoon Dijon mustard

½ teaspoon honey or pure maple syrup

2 teaspoons minced shallots or scallions (optional)

1 pinch salt

Prepare the vinaigrette by combining vinegar, honey/syrup, shallots, salt and whisk in olive oil. Adjust seasonings according to taste.