

- **Baby Salad Mix**
- **Tomatoes**
- **Cucumber**
- **Chef's Chervil**
- **Red Ribbed Sorrel**
- **10x10 Red Mustard**
- **Micro Amaranth**
- **Micro Cilantro**
- **Micro Tatsoi**
- **Micro Red Cabbage**
- **Poultry Herb Mix**
- **Mint**
- **Chives**
- **Marjoram**

Some classic salad ingredients are included this week with a box of baby greens, tomatoes and cucumber. We like to chop the tomato and cucumber into a bowl and drizzle them with balsamic vinegar and use that combo as the “dressing” to the greens. The red mustard can make a nice side veggie for a dinner by just pan



frying until wilted. They are also delicious raw, if you prefer. Consider the possibility of spring rolls this week using a selection of your microgreens, a bit of slivered mint, baby salad mix,



and a chive laid in the middle. Serve with a plum sauce for dipping. (Some like these with fish sauce. A meat can be added to your liking such as cooked shrimp, chicken or beef strips.)

To your health and your pleasure,  
always! Enjoy 😊