



Spiral Zucchini Salad

Created for the Bedminster Farmers Market by Gloria Fiore

Ingredients:

- 2 cups spiraled zucchini (You will need a spiralizer!)
- Fresh basil - tear up leaves
- Poached garlic cloves- 2 to 3 cloves
- EVOO - 1 to 2 tablespoons
- Red wine vinegar - 1 to 2 tablespoons
- Salt and pepper
- Parmesan cheese

Toss all ingredients lightly with a fork in a bowl except the cheese. Serve on a bed of arugula, sprinkle cheese. You can pair this salad with sliced tomatoes & fresh buffalo mozzarella.



Shishito Pepper Salsa

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Ingredients:

- 1 cup finely diced shishito peppers*
- *seed peppers
- 1 cup coarsely chopped tomatoes
- 1/4 cup finely diced red onions
- 1/2 cup packed chopped cilantro leaves
- Juice of 1 lime
- salt, pepper and ground cumin' season to taste

Mix all in a bowl. Serve room temp or chilled.



A Summer Kale Salad

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Ingredients:

- 2 cups Ribboned kale*strip leaves off the stalk, gather a handful
- Finely ribbon and then massage with olive oil and salt
- A fully packed handful yields about 1 cup
- 1/2 cup finely diced carrots
- 1/2 cup finely diced celery
- 1/2 cup finely diced beets (raw)
- 1/4 cup chopped scallions
- 1/2 cup slivered or sliced or coarsely chopped almonds
- 1/2 cup sliced apricots

Toss all ingredients in a bowl & pour 1/2 cup of the Elderberry Vinaigrette.



Elderberry Gelee Vinaigrette

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Ingredients:

- 3 tablespoons elderberry gelee (Gelee from Old Millpond Farm)
- 1 teaspoon honey
- 1/4 cup white wine vinegar
- 1/4 cup evoo
- season with salt and pepper

Put all Ingredients in a bowl and whisk until emulsified.