




Good Morning!

Hey Chefs! Grab your caps, we want to share all our new garden goodies with a gathered group. Choose a recipe card from below and go shopping for the ingredients at the Farmers Market.

From The Kitchen of
UCDS - Spring
Salad



Ingredients:


- 1 bunch kale
- Strawberries
- Spinach

From the kitchen of UCDS

Pasta Primavera

Asparagus Broccoli

Carrots Onion




1. Boil Pasta
2. Saute veggies
3. Toss together with olive oil and salt and pepper to taste.

Fruit Tart

Ingredients:

- Strawberries
- Blueberries



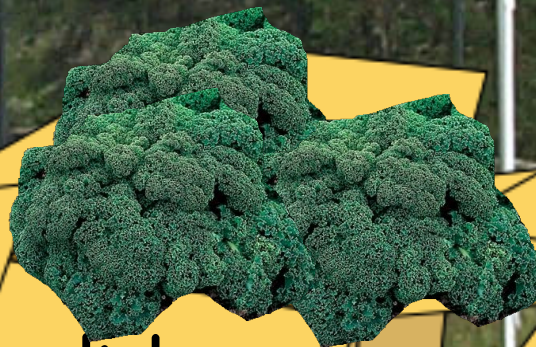
Farmers Market Price List



strawberries
15¢



potatoes
9¢



kale
6¢



asparagus
11¢



broccoli
17¢



blueberries
12¢



spinach
10¢



carrots
8¢



onion
10¢