



**Seasonal Eating Demo with Cecelia Brooks
Open Farm Day – June 15th, 2024**

Rhubarb Vinaigrette

Makes 1 cup of Vinaigrette that can be stored for up to a month in the refrigerator

1/2 cup rhubarb juice

1/2 cup extra-virgin olive oil

1-6 cloves garlic (I like 6 :)

1/2 teaspoon salt

1/4 teaspoon black pepper

Add a teaspoon each of fresh or dried herbs such as rosemary, sage, basil...your choice

Put the rhubarb juice in a deep bowl and add the garlic, salt, pepper and any herbs you are using and whisk to incorporate the herbs and dissolve the salt. Slowly add the oil and whisk to form an emulsion. That's it! Enjoy on a kale salad or any salad or use to marinade veggies or meats.

Hearty Kale Salad

4 cups kale remove stems and chop rough

4 cups lettuce torn, your choice

1/2 teaspoon coarse salt

1/2 cup roasted pumpkin seeds or any nuts you want

1/2 cup dried cranberries, raisins or other dried fruit

Put the kale into a large bowl and sprinkle the salt on top then rub the salt into the kale to soften and wilt the kale. Add all remaining ingredients and serve with Rhubarb Vinaigrette.

Rhubarb Juice

Use a juicer if you have one but if you don't you can also make the juice by blending chopped up rhubarb with enough water to get the rhubarb to blend then strain through a cheesecloth and squeeze all the juice out. If you don't have a blender, you can make the juice by cooking chopped up rhubarb with a minimal amount of water then strain the cooled juice to remove the pulp. The juice can be frozen in ice cube trays or in small mason jars for later use. It keeps for a year with no change in flavour. Enjoy!