



It's Salad Season!

When the weather is too hot to cook, or even too hot to eat, most people agree: "Salads are refreshing". A big bowl of fresh vegetables (and sometimes fruit), served (mostly) raw, tossed with a bright and tangy dressing - the perfect summer meal: lunch, dinner, even breakfast! You don't need to be told how good fresh salads are for you - you already know that eating plenty of different fruit and vegetables, fresh and raw, is so health-affirming. The vitamins, minerals, phytonutrients and fibre they contain nourish you, while their high water content keeps you hydrated.

Salads are also endlessly varied: as vegetables change season, so does your salad. In addition to the vegetable combinations, your salad changes depending on how you cut the vegetables (and fruit), how you dress them; your daily salad can be your own unique creation, each meal can be a new adventure in salad land!



While a quick online search can give you lots of ideas, we have some simple and delicious suggestions. Tomatoes are growing juicy and sweet, ready for your salad bowl: enjoy them with fresh



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mozzarella and basil to remind you of summer holidays, or toss them with lots of finely chopped shallots, and a classic mustard vinaigrette, and sprinkle fresh tarragon, coriander, or dill on top.

A medley of peas is so refreshing: sugar snap peas, tiny baby petit pois, pea greens, finished with small chunks of cucumber. Dress with olive oil, vinegar, and scatter with goat's cheese and fresh mint.

And how about a salad with an unexpected dressing: Blueberry! Simply smash a handful of blueberries in a bowl and thin with some balsamic or red wine vinegar. Toss the dressing in your salad, with or without a splash of olive oil, as you like: delicious with beetroot, red onion, rocket leaves or mixed greens, ripe peaches or nectarines, and small pieces of Stilton cheese.

See our website www.ilovefruitandvegfromeurope.co.uk for recipes to keep yourself and your family refreshed and happily fed, all summer long.



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