

# NYBG

EDIBLE ACADEMY  
FRESH FROM THE GARDEN TASTINGS



## **VERONICA'S FENNEL SALAD**

From the Family Garden's Children's Gardening Program:  
Crafters – Summer 2015  
*Serves 4*

### **Ingredients**

3 green apples, diced  
2 fennel bulbs, diced  
Various lettuce leaves, torn into small pieces  
2 tablespoons 365 Everyday Value® Roasted and Salted Sunflower Seeds  
Dill, optional

### **The Dressing**

1 tablespoon soybean paste  
1/2 cup 365 Everyday Value® Organic Extra Virgin Italian Olive Oil  
2–3 lemons, freshly squeezed  
2 tablespoons 365 Everyday Value® Organic Light Amber Mountain Forest Honey

### **Instructions**

Wash, peel, and dice the fruit and vegetables. In a large bowl, mix together. In a jar with a lid, add the lemon juice, olive oil, soybean paste, honey; shake well. Pour the dressing over the salad; garnish with the sunflower seeds.

365 Everyday Value® products are found exclusively at Whole Foods Market.

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