

NYBG

EDIBLE ACADEMY SUMMER SOLSTICE WEEKEND



FRESH FRUIT AND FENNEL SALAD

Prepared for the Edible Academy Solstice Weekend by
Chef George Edwards, Manager of Garden to Cafe Program,
NYC Department of Education

Yield: 4 servings

Ingredients

- 1 each fennel bulb, large
- 4 each oranges
- 2 each granny smith apple
- 8 ounce water
- 8 ounce balsamic vinegar
- 2 ounce olive oil
- 1 teaspoon honey mustard
- 8 ounce fresh rosemary, chopped
- 2 cloves garlic, minced

Instructions

Shave the fennel into thin slices and toss in a bowl. Peel and divide the oranges and add to the same bowl. Slice the apple into chunks and add to the bowl. Dice the green onions and add to the bowl.

Combine the water, balsamic vinegar, olive oil, honey mustard, rosemary and garlic in a different bowl and whisk until blended (you can also use a food processor or blender). Drizzle over the fennel and fruit salad.