

FRESH

TO TABLE

Fairly Traded

Regional

Equitable

Sustainable

Healthy



Did You Know?

Watermelon - this regional Fruit for farm is composed of 92% water and is a great source of Vitamin C.

Cucumber - The cucumber, like the watermelon, is actually a kind of squash, closely related to the pumpkin and zucchini. Cool and crunchy with a subtle flavor the cucumber is 95% water and is notable for its vitamin K content.

Feta Cheese - A tangy and powerfully flavorful Greek cheese that adds big flavor in small quantities.

Mint - adds a distinct, crisp, clean flavor to sweet or savory dishes. Because cooking can diminish mint's flavor it is best as a component of an unheated dish.

Parsley - This ubiquitous herb rich in folic acid, and vitamins K, C and A adds a distinctive flavor complemented by versatile green and woody notes, subtly enhancing the dish.

Classic Greek Vinaigrette - An authentic Greek dressing featuring an olive oil blend, lemon juice, real spearmint and a classic blend of herbs and spices produced regionally for Boston College by Sarasota Quality Salad Dressings in Canton Massachusetts.

Watermelon, Cucumber and Feta Salad

with fresh mint, parsley and
classic Greek vinaigrette



Ingredients:

- 2 cups diced regional watermelon from Ward's Berry Farm in Sharon, Massachusetts
- 1 medium Cucumber regionally sourced from Baggott Farm in Connecticut.
- 1 oz Vermont Feta cheese.
- 1 sprig mint
- 1 sprig Parsley
- 2oz Saratoga Classic Greek Vinaigrette produced regionally in Canton, Massachusetts.

Prepare the Ingredients: (serves 4)

- Wash and dry the fresh produce
- Cut away the hard outer rind
- Medium dice the Watermelon
- Small dice the Cucumber
- Pick the Parsley and Mint leaves off the stems
- Roughly chop the Parsley and Mint leaves.

Make the Salad:

- Add the Watermelon, Cucumber, Feta Cheese, Parsley, and Mint to a medium bowl; stir to thoroughly combine.
- Drizzle with Classic Greek Vinaigrette
- Enjoy!

What makes it FRESH? This **Healthy** salad has **Sustainable** ingredients **Regionally** sourced from Massachusetts, Vermont and Connecticut.