



THE *flavours* OF SUMMER

Mucci Farms Fresh Summer Salad is a sweet and savoury blend of delicious colourful fresh fruit and veggies. Rich in nutrients from tomatoes and cucumbers as well as calcium from cheese, this quick and easy salad combines the flavours of summer in one bite!

To complement the combination of these flavours kids can also enjoy Mucci Farms Cool Summer Treats, cucumber-watermelon popsicles. These refreshing treats are full of water to help replenish and rehydrate after your fun filled, summer activities. There is nothing like a cool refreshing popsicle on a hot summer day.



2014
SENSORY EXPERIENCE
CONTEST SUBMISSION



fresh SUMMER SALAD

WITH SUN DROPS™ & CUTECUMBERS™

INGREDIENTS

- 10 Mucci Farms **CuteCumbers™**, halved lengthwise and sliced
- 1 ½ cups halved, Mucci Farms **Sun Drops™** Sweet Grape Tomatoes
- 1 ½ cups cubed watermelon
- ½ cup Chèvre goat cheese
- 2 tbsp olive oil
- ¼ cup lime juice
- 2 tbsp honey
- 1 tbsp Dijon
- ½ tsp pepper
- ¼ tsp salt
- 1 bunch fresh mint – finely chopped or torn

DIRECTIONS

- In a large bowl, combine **CuteCumbers™**, **Sun Drops™** Sweet Grape Tomatoes, watermelon and Chèvre goat cheese.
- Whisk together oil, lime juice, honey, Dijon, salt and pepper.
- Pour dressing over salad and toss right before serving.

Serves 4-6





cool SUMMER TREATS

MADE WITH CUTCUMBERS™

INGREDIENTS

- 1 cup sugar
- 4 cups chopped **CuteCumbers™**
- ½ cup chopped avocado
- 1 cup vanilla greek yogurt
- 2 cups watermelon juice

DIRECTIONS

- Make simple syrup by combining sugar with 1 cup water in a small saucepan. Bring to a simmer stirring frequently until sugar has fully dissolved. Set saucepan over a bowl filled with ice water to help cool syrup quickly.
- Meanwhile puree **CuteCumbers™** in a blender until smooth. Strain liquid into a bowl discarding pulp. Pour cucumber juice back into blender and add avocado, ½ cup greek yogurt and ½ cup simple syrup. Puree to a smooth consistency. Fill popsicle molds halfway with mixture.
- In a separate bowl whisk together watermelon juice, ½ cup greek yogurt, ½ cup simple syrup and fill top halves of popsicle molds.

Serves 8-10

