

ISLAND GROWN

HARVEST ^{OF} THE MONTH

- April -

WILD EDIBLES

WATERCRESS CHIMICHURRI

**1 cup watercress,
tightly packed**

*(if foraged- wash well
and discard stems)*

1 garlic clove

1 tsp red pepper flakes
(optional)

1/4 cup sherry vinegar

1/2 cup olive oil

3/4 tsp honey

**1/2 tsp kosher salt
or sea salt**

**1/4 tsp freshly ground
black pepper**

Place watercress, garlic, red pepper flakes, honey and vinegar in a food processor and pulse until finely chopped, but not pureed (or you can finely chop everything by hand and combine with the vinegar.)

Transfer to a small bowl and add the olive oil, salt and pepper. Combine well. Store in refrigerator until ready to eat. Serve with your favorite sour-dough bread or over roasted veggies, tofu, cooked fish, chicken or steak. Enjoy!

Recipe by Gabrielle Sullo



For more information visit

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