

Homegrown

Cucumber and Apple Salad

- ✓ 1 cucumber
- ✓ 2 apples
- ✓ 1 bell pepper
- ✓ 1 tbsp. parsley
- ✓ 1 clove garlic
- ✓ 1 tbsp. honey
- ✓ 2 tbsp. vinegar
- ✓ 1 tsp. sea salt

Peel cucumber, then cut cucumber and apples into small pieces and toss into a large bowl.

Finely cut bell pepper and add to bowl.

Finely chop (mince) parsley and garlic. Add to a small bowl and whisk together with honey, vinegar and salt.

Drizzle mixture over vegetables and toss well until everything is covered completely.



A photograph of a man and a young girl at a market stall. The man, with a beard and wearing a plaid shirt, is leaning over the girl, who has blonde hair and is wearing a white top. They are both looking at a display of fresh produce, including red tomatoes and green peppers. The background is a red canopy.

NC STATE EXTENSION

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