Joyce’s Mandarin Orange Salad and Dressing

Ingredients:
- 1 shallot
- 1 small clove garlic
- ¼ cup vinegar (can be balsamic, cider or wine vinegar)
- ½ cup olive oil
- Salt & pepper to taste
- 1 tsp Dijon mustard
- Slivered almonds, sautéed lightly until brown
- 1 stalk celery, chopped
- 1 head Romaine lettuce
- Mandarin oranges
- Sliced almonds

Directions:
1. Place all ingredients in a food processor and blend.
2. Pour dressing over salad, toss and enjoy.

Optional:
- Honey or maple syrup for sweetening
- Soaked, crumbled tofu

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How Does Your Edible Garden Grow?

The secret to a great garden is the quality of the soil. Soil is the plant’s home, providing the texture, structure and nutrients for growth and sustenance. A combination of rock and mineral particles, air, water and most importantly, natural food sources, are all needed to create a healthy garden soil.

The Flower City of Brampton is well on its way to adding its well-earned title of Veggie Gardening Force. Brampton is moving forward -- by learning from others, adjusting to find your own style and working together -- we can all keep our gardening interests and, with the food that is grown, help those in need.

The City of Brampton is partnering with the Food Council of Toronto, the Compost Council of Canada and the Compost Council of Ontario to launch a new initiative, SHARE With Those in Need. This program is designed to encourage residents to grow some of their own vegetables to donate to local food banks.

Brampton is well on its way to adding tarragon leaves. Pour on salad, toss and enjoy.

FOR MORE INFO CONTACT:
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Visit www.buildingroots.ca to take advantage of the great offer from Harrowsmith above!