



# Spring Time Vinaigrettes

## LOCALLY-SOURCED INGREDIENTS

*Spring is the time to discover perennial herbs in the garden. Perennials are plants that come back each year without having to replant, such as strawberries. They are good for the soil, nutritious, and easy to take care of!*

*Spring is also the perfect time to enjoy many other fresh herbs, such as marjoram, sage, oregano, thyme, cilantro, parsley, tarragon, chives, and mint.*

### INGREDIENTS

#### *Local Vinaigrette*

- 1/2 cup local sunflower oil
- 1/4 cup local apple cider
- 1 clove garlic, crushed
- 2 Tbsp chives, chopped
- 1/2 tsp tarragon
- 1/4 tsp black pepper
- 1/4 tsp salt

#### *Mexican-Inspired Honey Vinaigrette*

- 1/2 cup local sunflower oil
- 1/4 cup balsamic vinegar
- 1 clove garlic, crushed
- 1 Tbsp local honey
- 1 tsp oregano
- 1/4 tsp chili or chipotle
- 1/4 tsp black pepper
- 1/4 tsp salt
- Juice from 2 limes

#### *Tzatziki*

- 2 cups local yogurt
- 2 Tbsp olive oil
- 2 garlic cloves, crushed
- 1 handful sorrel, chopped
- 2 Tbsp chives, chopped
- 1 Tbsp mint, chopped
- 1 tsp dill seed
- 1/4 tsp salt

### DIRECTIONS

Wash and dry herbs. Mince the herbs. Place all ingredients in a mixing bowl. Whisk until combined. Enjoy with locally grown salad greens!

*This recipe can be made: Vegan, Gluten-free, Dairy-free, Nut-free*