

SUMMER SQUASH SALAD

WITH SWEET ONIONS, OLIVE OIL & TWO VINEGARS

South Fork had a great time cooking this past weekend at the Franklin Farmers Market. We broke out the grill and grilled a wonderful collection of meats from River Cottage Farm, The Fly Farm, and Tavalin Tails Farm.

Additionally, we had loads of fresh produce from Evans Produce, Paradise Produce, Flying S Farms and Kirkview Farm.

Romana had a great idea to create a simple recipe on the spot to highlight some of the abundant squashes found throughout the market using just a few ingredients. She thinly sliced some Zephyr squash and candy onions from Paradise Produce on a mandolin and tossed them with some Herban Market olive oil and vinegar, a little salt and pepper and a touch of red wine vinegar. So simple yet very delicious! We handed out several hundred samples to market goers and everyone requested the recipe! So here it is, give it a try and serve it alongside your favorite grilled meat this summer! Hope to see you at the Market next weekend!



Summer Squash Salad with Sweet Onions, Olive Oil & Two Vinegars

4 cups thinly sliced Summer squash, like zucchini and Zephyr squash (Paradise Produce)

1/3 cup thinly sliced candy onions (Paradise Produce)

1 1/2 tsp sea salt

1/2 tsp black pepper

1 tbl extra virgin olive oil (Herban Market)

1 tsp balsamic vinegar (Herban Market)

1 tsp red wine vinegar

This recipe is dead simple but packs big flavor. Serve it as a side dish or as a tasty base for a juicy grilled steak. If you don't have a mandolin use a sharp knife and carefully slice as thin as possible. In a large bowl toss all of the ingredients gently together. Refrigerate for 10 minutes to get a little chill, then serve. Enjoy!

Michael R Martin
South Fork Catering Co.

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