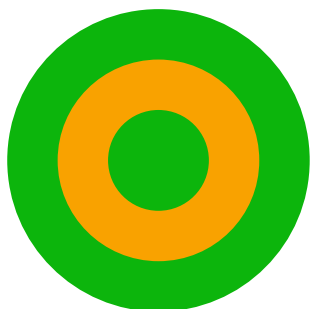


here are two easy no-cook garden harvest recipes that are perfect for outdoor events like a street feast



fresh garden wraps

A colourful, crunchy way to showcase seasonal produce.

ingredients:

- Large lettuce leaves or cabbage leaves (for wrapping)
- A mix of raw sliced vegetables (carrot, cucumber, beetroot, courgette, peppers)
- Fresh herbs (mint, parsley, basil)
- Hummus, cream cheese or mashed avocado for spreading
- A squeeze of lemon juice

method:

1. Lay out the lettuce or cabbage leaves.
2. Spread a thin layer of hummus, cream cheese or avocado on each leaf.
3. Add sliced vegetables and sprinkle with fresh herbs.
4. Drizzle with lemon juice, roll up and secure with a cocktail stick if needed.

food waste tip:

Use odd-shaped veg or the last few herbs from your garden — they still taste great.



herby garden dip with crudités

A quick dip to go with any mix of fresh-picked vegetables.

ingredients:

- 1 cup natural yoghurt (or plant-based yoghurt)
- 1 tablespoon olive oil
- 1–2 cloves garlic, minced
- A large handful of chopped herbs (chives, parsley, dill, basil)
- Salt & pepper to taste
- Selection of freshly-picked, washed and cut raw vegetables for dipping (carrot sticks, celery, cucumber, cherry tomatoes, radishes)

method:

1. In a bowl, mix yoghurt, olive oil, garlic, herbs, salt & pepper.
2. Serve in a small dish surrounded by the vegetables.
3. Dip!

food waste tip:

Turn leftover dip into a salad dressing by thinning with lemon juice or water.