

Fresh & Crispy Tossed Salad

BY STACEY MURPHY

Along with spring ingredients (which are generally quite accessible throughout the year at the grocery store), this recipe carries the refreshing and crisp sensations that accompany the early spring. It can serve as a side salad or add quinoa and cashews to round out this recipe as an entrée.

ingredients

- Apples, 4 medium
- Celery, 6 large stalks
- Mint (fresh), ½ - ¾ Cup*
- Sage (fresh), ½-¾ Cup*
- Sweet Onion, ¼ Cup
- Olive Oil, ¼ Cup
- Apple Cider Vinegar, 2 Tablespoons
- Salt & Pepper to taste

***Note:** ensure mint and sage are equal parts.

directions

1. Thinly slice the apple, mint and sage and transfer into a large bowl.
2. Cut the celery into a small dice and mince the onions, then add both to the same bowl as before.
3. Mix together the apple cider vinegar, olive oil, salt, and pepper and drizzle over chopped ingredients
4. Toss to ensure an even mix and enjoy!

Yield: 5-7 servings

Best served immediately after mixing.



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STACEY MURPHY



Stacey was an engineer and an architect with a busy job and a long commute. It frustrated her that she could manage complex projects at work, but a vegetable & herb garden seemed impossible to fit into everyday life.

In 2009, she was taught techniques for growing tons of organic vegetables and herbs in a small space with not a lot of effort.

Since then, she has been obsessed with helping people create good garden habits that fit into their busy schedule and most importantly fit their personality. Grow Your Own Vegetables began as an idea with her fellow students and gardeners to show how shockingly simple it CAN be. It's their mission to support one million beginning gardeners to cultivate successful vegetable and herb gardens so that you, too, can enjoy a grocery aisle right in your own yard (or even inside your house)!

Find more from Stacey at her website: [GrowYourOwnVegetables](http://GrowYourOwnVegetables.com). You can also find Stacey on [Instagram](https://www.instagram.com/stacey_murphy), [Facebook](https://www.facebook.com/stacey.murphy), and [Twitter](https://twitter.com/stacey_murphy).

