



### berry fresh salad

1 cup of fresh berries sliced  
¼ cup goat chevre cheese crumbled  
Mixed organic greens, arugula, chicory, chard, romaine,  
red leaf, baby spinach  
1 tsp of chopped fresh thyme  
1 tsp of chopped fresh basil  
3 Tbs olive oil  
2 ½ Tbs balsamic vinegar  
½ cup roasted raw organic hazelnuts chopped  
Roast hazelnuts at low heat in oven for 10-15 min. chop once cooled  
Add all ingredients to large salad bowl and toss, add nuts on top.

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### sauteed summer squash

3 medium sized summer squash (zucchini, crook neck, etc)  
½ small onion  
4 cloves freshly peeled garlic  
pinch of red pepper flakes  
salt and black pepper to taste  
3 tablespoons olive oil

cut squash to bite sizes, onion slightly smaller, chop garlic  
sautee garlic, onion, salt and peppers in olive oil over medium high heat  
cook until fragrant and golden, then add squash, cook until just tender

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