

Another delicious recipe brought to you by—



≝URBAN EDGE

ORGANIC FARM • FARM STORE
U-PICK ORCHARD

TheUrbanEdgeFarm.com

HONEYDEW AND CUCUMBER SALAD WITH SESAME DRESSING

Serves 4 to 6

For this recipe, use honeydew melons when they're at their juiciest, most succulent, and flavorful in late summer. The sesame and tamari add a nutty, savory taste and aroma while the cucumber gives this dish a pleasant crunch. This is a wonderfully refreshing, beautiful salad on hot summer days, and it's a great foil for grilled meats or instead of heavy potato salads for picnics.

SESAME DRESSING

- ı tablespoon plus 2 teaspoons rice-wine vinegar
- I tablespoon peeled, minced fresh ginger
- 2 teaspoons tamari or soy sauce
- 11/2 teaspoons granulated sugar
- I teaspoon toasted sesame oil, or to taste
- 1/4 teaspoon dried hot red pepper flakes, or to taste
- 1/4 cup vegetable oil

SALAD

- I large cucumber, halved lengthwise and thinly sliced
- 2 cups (1-inch) cubed honeydew melon, or cantaloupe or casaba 2 green onions, minced
- I tablespoon lightly toasted sesame seeds
- In a large bowl, whisk together the vinegar, ginger, tamari, sugar, sesame oil, red pepper flakes, and vegetable oil until the dressing is well combined.
- Add the cucumber, melon, and green onions. Toss the salad until everything is well combined. Sprinkle with sesame seeds.
- Recipe by Pillsbury Most Requested Recipes; from Bounty from the Box: The CSA Farm Cookbook by Mi Ae Lipe

HONEYDEW SERVING SUGGESTIONS

- Wrap thin slices of honeydew with prosciutto, salami, or other high-quality charcuterie meats.
- Cut a honeydew in half, scoop out the seeds, and fill the cavity
 with berries or other cut fruit. Then drizzle honey, maple syrup,
 a little lemon or lime juice, or whipped cream over the top, and
 break out the spoons.
- Dice honeydew and add to your favorite salsa recipe; its sweetness helps balance out an especially fiery salsa.
- Serve thin slices of honeydew with the finest smoked salmon.
- Honeydew pairs well as a palate cleanser with rustic foods like artisan cheeses, crusty breads, and cured meats.
- Melon wedges can be grown-up, even sophisticated, when dressed up with vanilla ice cream, bits of candied ginger, orangeflavored liqueur, rosewater, or lavender syrup.