Summer Fruit Shrub

2 cups chopped fruit

1 cup sugar

Combine and macerate for 4 or 5 day -stirring daily

Stain through a fine mesh sieve pressing solids down firmly to extract juices.

Combine fruit syrup with vinegar

Ratio 1:1

Or 2 cups syrup to 1 cup vinegar

To prepare drink with finished shrub – 1 part shrub to 2 or 3 parts fizzy water or ginger beer and serve over ice

Sugar Snap Pea Slaw

Yield -serves 10 to 12

2 lbs sugar snap peas

½ small head red cabbage

¼ cup sesame seeds

3 oz fresh lemon juice

1/2 cup mayonnaise

1/4 cup olive oil

1 tbs sugar (optional)

1/2 cup finely minced garlic scapes

Salt to taste

Sesame oil to taste

Clean and trim peas, then cut on bias in half or thirds depending upon size. Finely shred cabbage and toss in large bowl along with peas and sesame seeds. Whisk remaining ingredients together for dressing.

Toss dressing with veggies and chill before serving.

Strawberry Gazpacho

4 cups chopped fresh strawberries

1 TBS torn mint

1/2 whole peeled cucumber

2 TBS chives

2 scallions

Juice of one lime

1/2 tsp salt

½ jalapeno, deseeded and coarsely chopped

1 Tbs white balsamic vinegar

1 cup diced strawberries

1 cup diced cucumber

1 small bunch scallions, diced

Pulse first group of ingredients together in food processor, Stir in balance of ingredients.

Season to taste with additional salt and vinegar as needed