

Citrus Kale & Chard Salad

-1 large ice cream bucket of kale from garden tough stems removed and cut into strips, washed and spun dry and then stored

-1 large ice cream bucket of chard from garden cut into ribbons, washed and spun dry then stored

-500 ml of feta crumbled and stored separately until Thursday

-12 oranges peeled and cut into bit sized pieces and stored separately until Thursday

Orange Ginger Sesame Dressing

2 cups orange juice

.5 cup rice vinegar

4 tbsp freshly grated ginger root

1 cup canola oil

4 tbsp sesame oil