

Meals from Your Market



Herbal Punch

Ingredients

- 1/2 cup of fresh rosemary leaves
- 1 tablespoon of dried lavender flowers
- 2 cinnamon sticks
- 6 whole cloves
- 1 quart of cranberry juice

Instructions

Combine the first 4 ingredients in a small saucepan with 2 1/2 cups of water. Bring to a boil over high heat. Reduce heat to low and simmer for 5 minutes. Remove from heat and let steep covered for 5 minutes longer. Strain out herbs and combine with juice in a pitcher. Serve warm or cold. Makes 1 1/2 quarts.

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Summer Salad with Herbs

Ingredients

- 1-2 cups of salad green
- 2 tablespoons of parsley
- 1 teaspoons of mint
- 1 teaspoon of rosemary
- 1 teaspoon of dill
- 1 teaspoon lavender

Instructions

- Chop salad greens.
- Finely chop herbs.
- Toss salad green and herbs together.
- Add orange slices and chopped nuts.
- Sprinkle favorite dressing over entire salad.

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