



ROGUE VALLEY FARM TO SCHOOL  
Harvest of the Month

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## SPRING GREEN PESTO

### INGREDIENTS:

- 2.5 cups baby kale or other tender spring green or herb blend
- 2 cloves garlic
- ½ cup olive oil
- ½ cup sunflower seeds
- ½ tsp salt
- Juice of 1 lemon
- 1 tsp red wine vinegar

### DIRECTIONS:

1. Put all ingredients into a blender or food processor and blend until smooth.
2. Taste for seasonings and adjust as necessary.

