

Kathy Gunst's List of Summer Essentials:

1. Fresh basil: the very essence of summer: with sliced tomatoes and fresh mozzarella, in vinaigrettes, pizzas, for making pesto, on top of salads, in chicken salad, in marinades, to flavor ice tea, and more
2. Fresh mint: eating fresh mint leaves is like tasting summer in one bite. In ice tea, in salads, in vinaigrettes, in marinades. on cold noodle salads, on top of leftover grilled chicken, fish or steak, in smoothies with fresh summer fruit and more
3. LOTS of varieties of fresh garden lettuce: for amazing salads that taste like no other. The more color, variety and texture the better--sweet with spicy leaves, smooth tender leaves with ruffled ones....
- 4 Local fruit: breakfast, lunch and dinner!! On yogurt and granola, in smoothies, for late afternoon pick me ups, pureed into vinaigrettes for salads, grilled and paired with grilled fish, poultry and meat, grilled and drizzled with honey (think peaches, nectarines, pears, apples...)
5. Good bread and cheese and every meal will taste like an impromptu summer picnic. The very essence of a good summer meal....fruit, herbs, lettuce, cheese, bread.