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3/01/20:

Spring is in the air, and salads will be more prevalent than ever, at mealtime, in the months to come. That's a good thing.

What sensible diner can complain about a delicious meal that also delivers roughage, greater Vitamin D, and antioxidant intake, among other things.

In that regard, today, we enjoyed a green salad with apple and orange slices, blueberries, red/yellow cherry tomatoes, and red onions. Also on our plates was a side of home made tomato sauce, with greens and vegan sausages, on a bed of multi-



10 likes

MARCH 6

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