



Food Advocate

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Spring is here!

CELEBRATING HANAMI WITH SIMPLE AND TRADITIONAL RECIPES

In other words, the term “Hanami” translates to “flower viewing”, specifically the viewing of cherry blossoms. Hanami is a Japanese tradition and is typically celebrated during late march into early April. Some celebrate the holiday with a picnic under the blooming trees with their loved ones. In this month’s newsletter you will find recipes that can be enjoyed during this season and beyond. All of the recipes are suitable for a picnic or can even be packed for work/school!



April

This Month at a Glance

CURRENT EVENTS, INFORMATIVE SESSIONS,
AND MORE HAPPENING THIS MONTH!



Events Harford County - Harford's Heart Magazine Calendar

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Simple Recipes



Watermelon Feta Salad

- **Ingredients:** Diced watermelon, cubed feta, basil, salt, olive oil, and lemon or lime juice
- **Directions:** Combine watermelon, feta, and basil in a bowl. Sprinkle with salt and drizzle with olive oil and lemon/lime juice.

Vegetable Spring Roll

- **Ingredients:** Spring roll paper, vermicelli (rice) noodles, sliced bell pepper, sliced carrots, sliced cucumber, diced/sliced avocado, shrimp (optional), cilantro, and sauce (soy sauce or peanut sauce pairs well)
- **Directions:** Cook rice noodles and shrimp according to package instructions and set aside. Add rice paper to hot water to soften. Add all ingredients to rice paper once cooled and fold over sides to create a burrito. Pair with your choice of sauce.

Asian Cucumber Salad

- **Ingredients:** Persian or English cucumbers, soy sauce, a lot of teriyaki sauce and sesame oil, red pepper flakes, thinly sliced onion, small amount of minced garlic, sesame seeds, and sea salt
- **Directions:** Slice cucumbers and add to a bowl. Combine all other ingredients into the same bowl and mix together to evenly coat the cucumbers. Refrigerate for a couple of hours.



Traditional Recipes



Mixed Sando

- Refers to three sandwiches served as a set, usually consisting of tuna salad, egg salad, and ham and cheese with lettuce.

Cherry Blossom Rice Balls

- **Ingredients:** 1 cup uncooked Japanese short-grain white rice, 1 tsp mochi mugi (barley), 12 salt-pickled cherry blossoms, 2 tsp toasted white sesame seeds, and diamond crystal kosher salt
- **Directions:**
 1. Rinse the rice under cold water until it is clear. Add mochi mugi (barley) to the rice. Let the rice soak in water for 30 minutes, then drain water completely over a sieve.
 2. In a separate bowl add the 12 salt-pickled cherry blossoms to water, gently rinsing off the salt from the flowers. Discard the water and add new water, letting them soak for 5 minutes.
 3. Squeeze the water out of the flowers and finely chop to measure out to 1 teaspoon.
 4. Transfer rice and mochi mugi into a rice cooker, adding water until the 1-cup line, and then evenly distribute the chopped flowers over the rice.
 5. Once the rice is done cooking add 2 tsp white sesame seeds and fluff the rice with a spoon.
 6. Divide the rice into 6 equal portions. Wet both your hands with water and gently tap 2-3 finger taps in kosher salt and rub to spread all around your palms.
 7. Scoop 1 portion into one hand and mold the rice with your hands by pressing it down gently to form a barrel shape. Continue making rice balls with the rest of the rice.