**Berry Fine Feast  
  
Produce**

1 bunch green onions

1 bunch curly parsley

fresh mint leaves

fresh cilantro leaves

3 lemons

1 quart strawberries

1 pint raspberries

1 pint blackberries

1 pint blueberries

3 oz. hazelnuts

6 oz. dried tart cherries (If sweet cherries are still available, you can substitute 1 C. halved and pitted sweet cherries for the dried cherries.)  
  
**Canned/Dried Foods**

8 oz. wheat berries or faro

good olive oil (if needed)

low sodium vegetable broth (if needed)

low-sodium soy sauce (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

18 oz. fresh salmon fillet

**Chilled Foods/Dairy**

plain, nonfat yogurt (if needed)