



LEGACY INSIDER

AUGUST 2022, VOL. 9, ISSUE 20

- Letter from Founder & Chairman
- Spotlight: 2021 Legacy Excellence Awards Dinner (L.E.A.D.)
- Exciting and New!
- Welcoming New Managers!
- Congratulations Internal Promotions!
- Legacy Family Milestones
- Awards, Recognitions and Celebrations
- Special Happenings
- Community Projects and Outreach
- Blueprint Spotlight: Consistent
- Happy Legacy Ventures Anniversary!
- Workstyle Corner
- Safety & Security Corner
- Legacy Trivia
- Legacy Table



LEGACY VENTURES

HOSPITALITY • DEVELOPMENT • MANAGEMENT

HOTELS

- The American Hotel - Atlanta Downtown
- DoubleTree - Atlanta Northlake
- Embassy Suites - Chattanooga
- Embassy Suites - Centennial Park
- Glenn Hotel - Atlanta Downtown
- Hilton Garden Inn - Atlanta Downtown
- Hotel Indigo - Atlanta Downtown
- Hotel Monona - Madison
- Sheraton - Madison
- Hyatt House Atlanta Perimeter Center

RESTAURANTS & EVENT SPACES

- Cinnamon Shore
 - C-Bar
 - Cbar Too
 - Dylan's Coal Oven Pizzeria
 - The Market
- City View
- Bacchus Pub
- The Cloakroom Kitchen & Bar
- Der Biergarten
- Dos Bocas
- Glenn's Kitchen
- Legacy Test Kitchen
- Max's Coal Oven Pizzeria
- SkyLounge at Glenn Hotel
- STATS Brewpub
- The Drafting Table Cocktails & Kitchen
- The Hub
- Twin Smokers BBQ
- Ventanas



For updates throughout the year...
Please follow the Legacy Ventures
Hospitality page on LinkedIn.
<https://www.linkedin.com/company/legacy-ventures-hospitality>



THREE CHEERS FOR OUR WINNERS!

A LETTER FROM FOUNDER & CHAIRMAN DAVID MARVIN

On May 16th, during one of our finest hours, we celebrated the best of the best for the sixth time. The Legacy Excellence Awards Dinner has positively become a part of our culture, a part of our legacy, a yearly venture. Even before the awards were presented, there was a spirit of excellence in the room.

Excellence means more than being the best, it means consistently and constantly going above and beyond expectations. It means being reliable and relentless, it means you've learned from mistakes. It means you have integrity. It means you respect yourself, your teammates and our corporate philosophy.

Our culture, our collection of values, beliefs and the keystone to the continued success of Legacy, characterizes the spirit of Legacy Ventures' hospitality. Exceptional employees are at the core of everything we do. Thank you for the role you play on the Legacy Team. Every role has its place in our success.

To the nominees and the winners, congratulations again, you deserved all the recognition and praise you received and more.

More good news, in 2022, thus far, Legacy Ventures completed the sale of the American Hotel to the RADCO Companies and retained management of the hotel and its food and beverage. Additionally, Legacy Ventures has completed the acquisition of the only restaurant on Lake Rabun, located in the northeast corner of Georgia. In Spring of 2023, the restaurant will re-open with a new concept, "Max's Lakeside". In July, we closed the doors at Game-X to give way to new and exciting opportunities for our broader portfolio... more news to follow.

Legacy Ventures seeks to promote from within and as usual we have numerous promotion announcements. Specifically, however, I wish to call out Peter O'Hanlon's, who also will celebrate 15 years with Legacy Ventures this August, promotion to President of Legacy Property Group; Brian Bullock's promotion to President, Restaurant Group and Kevin Richard's promotion to President, Hotel Group. These pillars of our company have been the true captains of our operations. More appropriately, my title is now "Chairman."

I remain incredibly grateful for Legacy employees' unwavering support, dedication and energy. I am proud and inspired by you all.

Collectively, we are a winning team!

Best,

David

CONGRATULATIONS!



Brian P. Bullock
President, Restaurants
Joined Legacy Ventures in March of 2010



Kevin B. Richards
President, Hotels
Joined Legacy Ventures in February of 2011



Peter J. O'Hanlon
President, Legacy Property Group
Joined Legacy Ventures in August of 2007



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2021 LEGACY EXCELLENCE AWARDS DINNER (L.E.A.D.)

The Legacy Excellence Awards Dinner (L.E.A.D.), held May 16th at Ventanas in Atlanta, honored the best-of-the-best of Legacy Ventures, acknowledging our team members who best exemplify service, hospitality, and teamwork in their work each and every day.



MASTER OF CEREMONIES:
Andrew Funt



EVENT HOSTS AND HOSTESSES:
Matthew Youhess, Frank Phair, Viviana Espinoza, Belinda Adjei-Boateng



TEAM AWARDS



RESTAURANT KEYSTONE PROPERTY OF THE YEAR:
COSTA CANELLA HOSPITALITY INC. (AKA CINNAMON SHORE)
(presented by Brian Bullock)



HOTEL KEYSTONE PROPERTY OF THE YEAR:
GLENN HOTEL
(presented by Kevin Richards)



INDIVIDUAL WINNERS



**HOTEL HOUSEKEEPING
TEAM MEMBER OF THE YEAR:**
LINDA BELL
Embassy Suites Centennial Olympic Park
(presented by Leslie Hayes)



**HOTEL SALES MANAGER
OF THE YEAR:**
MICHELE SIDLER
Embassy Suites Centennial Olympic Park
(presented by Ivy Mpofu)



**FOOD AND BEVERAGE SALES
MANAGER OF THE YEAR:**
DANA KICKLIGHTER
Ventanas
(presented by Brad Boatner)



SERVER OF THE YEAR OF THE YEAR:
NYASHA JOHNSON
Max's Coal Oven Pizza
(presented by Matt Youhess)



**FRONT OF HOUSE SUPPORT
TEAM MEMBER OF THE YEAR:**
BARRY HACKETT
Ventanas
(presented by Matt Youhess)



**HOTEL GUEST SERVICES
TEAM MEMBER OF THE YEAR:**
SHARON JONES
Hotel Indigo Atlanta Downtown
(presented by John Johnson)



**BACK OF HOUSE TEAM MEMBER
OF THE YEAR:**
ALFONSO MOSCO
Dos Bocas
(presented by Matthew Deckard)



HILTON GARDEN INN – DOWNTOWN ATLANTA



EMBASSY SUITES – CENTENNIAL PARK



RESTAURANT SALES TEAM



HYATT HOUSE ATLANTA PERIMETER CENTER

INDIVIDUAL WINNERS



CHEF OF THE YEAR:
EDUARDO GARCIA
Ventanas
(presented by Chris Blobaum)



HOTEL SUPPORT TEAM MEMBER OF THE YEAR:
ROBBIE POINDEXTER
Hyatt House Perimeter Center
(presented by Scott Hester)



HOTEL DIRECTOR OF SALES OF THE YEAR:
ANTHONY LAUDATO
Glenn Hotel
(presented by Themia Sica)



MAKE IT HAPPEN AWARD:
RYAN KING
Legacy Ventures Hotels
(presented by David Marvin)



RESTAURANT MANAGER OF THE YEAR:
JOANNA HODGES
STATS Brewpub
(presented by Shannayl Deckard)



HOTEL MANAGER OF THE YEAR:
MARICELA VELEZ-PRADO
DoubleTree Northlake
(presented by Frank Phair)



BARTENDER OF THE YEAR:
ALISON GRIFFITH
Sheraton Madison
(presented by Troy Landrey)



HOTEL INDIGO, THE AMERICAN HOTEL, THE GLENN



SHERATON - MADISON



CORPORATE TEAM



L.E.A.D. WINNERS

EXCITING AND NEW!

LEGACY VENTURES WELCOMES HOTEL MONONA TO THE LEGACY FAMILY

**HOTEL MONONA – MADISON,
WISCONSIN**

The Legacy Hotel Management Team has been busy in Madison with the transition, which was seamless.

Owned by the DeFoor Brothers (owners of the Sheraton Madison and Embassy Chattanooga), and managed by Legacy Ventures - Hotels, this 91-room hotel will start as an independent brand, while we renovate and search for the perfect flag to place on it – more to come as the transition evolves.

Please help us welcome Andressa Abbott, General Manager; Doug Pertzborn, Chief Engineer and the rest of the Hotel Monona Team.



LEGACY VENTURES HOTEL GROUP PARTNERS WITH KENNESAW STATE UNIVERSITY'S HOSPITALITY MANAGEMENT PROGRAM

Katie Line, Talent Acquisition Manager for Legacy Ventures Hotels, hosted Leonard Jackson, Kennesaw State University's Program Director for the Hospitality Management Program, touring the five Legacy Venture Hotels in downtown Atlanta; Glenn Hotel, Hotel Indigo, Embassy Suites, Hilton Garden Inn and the American Hotel. Mr. Jackson's Hospitality Management Program at KSU began two years ago and currently over 100 students are being educated to join the hospitality industry after graduation. The Legacy culture shined during the tour and we look forward to this continued relationship.



Hotel Indigo Team



Glenn Hotel Team



WELCOMING NEW MANAGERS!

DER BIERGARTEN

Jasmine George, Assistant General Manager

DOS BOCAS

Sara Walker, Assistant Manager

DOUBLETREE - ATLANTA NORTHLAKE

Tanika Brown, Assistant General Manager

Diane Lee, Director of Sales

EMBASSY SUITES - CENTENNIAL PARK

Anne Forman, Executive Housekeeper

Tonya Graham, Sales Manager

EMBASSY SUITES - CHATTANOOGA HAMILTON PLACE

Dirk Hoffer Jr, Chief Engineer

Savannah Johnson, Human Resources Coordinator

GLENN'S KITCHEN / SKYLounge

Jabil Alley, Assistant Manager

Claire Shoults, Catering Sales Manager

HILTON GARDEN INN - ATLANTA DOWNTOWN

David Lim, Hotel General Manager

Shari Thwaites, Sales Manager

HOTEL INDIGO - ATLANTA DOWNTOWN

Vincent Hockaday, Assistant General Manager

Danielle Randall, Director of Sales

Bradley Walcott, Controller

HOTEL MONONA - MADISON

Andressa Abbott, General Manager

Doug Peterson, Chief Engineer

HYATT HOUSE PERIMETER CENTER

Bobby Elliot, Chief Engineer

Erica Lumpkin, Sales Manager

LEGACY VENTURES CORPORATE

Felicia Li, Corporate Administrative Assistant

MAX'S COAL OVEN PIZZA

Awni Bostami, Assistant General Manager

SHERATON MADISON HOTEL

Cheena Canete, Complex Sales Coordinator

Eugene Muma, Complex Human Resources Coordinator

Holly Santroch, Executive Housekeeper

Leigh Sonnenberg, Front Office Manager

Richard Veith, Accounting Clerk

Scott Sloan, Complex Hotel General Manager

THE AMERICAN HOTEL - ATLANTA DOWNTOWN

Nadeen Farquharson, Complex Controller

Tia Young, Catering Sales Manager

THE HUB

Makayla Moore, General Manager

CONGRATULATIONS INTERNAL PROMOTIONS!

BACCHUS PUB

Gillian Greene, General Manager from General Manager at Dos Bocas (BIG MOVE)

CINNAMON SHORE

Esparza Rodrigo, Sous Chef from Cook

DOUBLETREE - ATLANTA NORTHLAKE

Maricela Velez-Prado, Executive Housekeeper and Cluster Lead from Executive Housekeeper

EMBASSY SUITES - CENTENNIAL PARK

Darlene Samuel, Human Resources Manager from Front Office Manager

Marc Szymanik, Complex Director of Sales for Embassy Centennial and The American Hotel from Director of Sales at Embassy Centennial

GLENN HOTEL

Philip Spralling, Accounting Manager from Accounting Clerk Hotel Indigo Atlanta Downtown

Cherry Martin, Front Office Supervisor from Guest Service Agent

HILTON GARDEN INN - ATLANTA DOWNTOWN

Christopher Smith, Complex Controller for Hilton Garden Inn and Embassy Centennial from Complex Controller for HGI, The American, and DT Northlake

Belinda Adjei Boateng, Human Resources Manager from Corporate Administrative Assistant

Vishal Desai, Assistant General Manager from Assistant General Manager/Front Office Manager at Hotel Indigo Atlanta Downtown

Kali Fernandes, Assistant Front Office Manager from Guest Service Agent

HOTEL INDIGO - ATLANTA DOWNTOWN

Sharon Jones, Assistant Front Office Manager from Guest Service Agent

Jori Burks, Accounting Clerk from Assistant Front Office Manager

Charity Sachiko Long, Assistant Manager from Food & Beverage Team Member at The Drafting Table

HYATT HOUSE - PERIMETER CENTER

Tracey Sandler, Hotel General Manager from Assistant General Manager at Hilton Garden Inn Atlanta Downtown

Marton Aranyossy, Assistant General Manager from Operations Manager

Ryan Beirne, Operations Supervisor from Guest Service Agent

LEGACY VENTURES CORPORATE

Peter O'Hanlon, President | Legacy Property Group

Brian Bullock, President | Restaurants

Kevin Richards, President | Hotels

Ryan King, Corporate Director of Operations Accounting from Hotel Operations Support and Accounting Controls Manager

Laetitia Agassi, Assistant Director of Accounting Operations from Complex Controller Embassy Suites Centennial Park and Hotel Indigo

Katie Line, Talent Acquisition Manager from Complex Human Resources Director at Embassy Suites Centennial Park and Hilton Garden Inn Atlanta Downtown

MAX'S COAL OVEN PIZZA

Brandon Bush, General Manager from Manager

SHERATON MADISON HOTEL

Lindsay Temple, Complex Senior Sales Manager from Senior Sales Manager

Maureen Devalkenaere, Complex Director of Sales from Director of Sales

Tatiana Denure, Complex Assistant General Manager from Assistant General Manager

STATS BREWPUB

David Mason, General Manager from General Manager at Max's Coal Oven Pizza

THE AMERICAN HOTEL - ATLANTA DOWNTOWN

Pauline Le, Associate Director of Sales from Director of Sales at DoubleTree Northlake

Darryl Boney, Front Office Manager from Front Desk Supervisor

Tiara S. Jones, Assistant Front Office Manager from Front Desk Supervisor

Amy Stutzman, Accounting Clerk from Night Auditor

THE CLOAKROOM KITCHEN & BAR

Salvador Lopez Beristain, Assistant Manager from Food & Beverage Hourly Team Member at The Drafting Table

Jeremy Harris, Executive Chef from Sous Chef

THE HUB

Ben Ucheoma, Assistant Manager from Banquet Captain

VENTANAS

Lauren Engelke, Catering Sales Manager from Catering Sales Manager at Hilton Garden Inn

If we did not capture your promotion, work anniversary, or welcome you as a new manager, please reach out to your manager.



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LEGACY FAMILY MILESTONES



Jasmine Jones (Associate Director of Sales at Hilton Garden Inn, Glenn Hotel) – Welcomed a baby girl on May 19th, Ryleigh Jones.



Savannah Johnson (Human Resources Coordinator at Embassy Suites Chattanooga) – Graduated from Georgia Northwestern Technical College in May of 2022 with a 4.0 (WOW!)



Marton Aranyossy (Assistant General Manager at Hyatt House Atlanta Perimeter Center) – welcomed his second child, Ayers Atlas Aranyossy.



Chris Smith (Complex Controller at Hilton Garden Inn, Embassy Suites - Centennial Park) – Welcomed a baby boy on March 1st, Graham Smith.

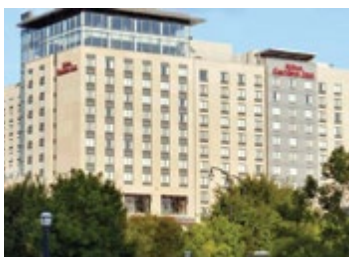


Will Yackle (Corporate Director of Safety & Security) married Teri Ding on June 25th in Huntington Beach, California.

AWARDS, RECOGNITION, AND CELEBRATIONS



STATS BREWPUB – ATLANTA
Stats Brew Master, Austin Edwards won the Gold Medal at this April's 2022 Georgia Craft Brewers Festival with his "Build the Statue NEIPA" brew. This brew was made in collaboration with the non-profit organization the Giving Kitchen, to whom the proceeds from this beer's sales will be donated.



HILTON GARDEN INN - ATLANTA DOWNTOWN
CONGRATULATIONS for winning the 2022 Booking.com Traveler Review Award!

Booking.com



THE HYATT HOUSE ATLANTA PERIMETER CENTER

Won the Legacy Ventures Hospitality ACE Award* every month in 2022. We thank you for your dedication and willingness to go the extra mile!

*The Legacy Ventures Hospitality ACE Award celebrates the hotel with the highest score in Overall Service and Cleanliness compared to the previous year, months and brand.



EMBASSY SUITES - CHATTANOOGA
CONGRATULATIONS for winning the 2022 Travelers Choice Award from Trip Advisor!

Tripadvisor



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SPECIAL HAPPENINGS



HYATT HOUSE ATLANTA PERIMETER CENTER
4th of July Celebration.



GENERAL MANAGER/DIRECTOR OF SALES CONFERENCE – HOTELS

After a 2-year absence, Legacy Ventures Hotels gathered for its annual GM/DOS conference at the FoxHall Resort. The goal of the conference was to reinforce the Legacy Culture and to get back to our FUN-da-mentals. Goals were successfully accomplished, team collaboration was enjoyed, and a bit of fun was had!



HILTON GARDEN INN DOWNTOWN ATLANTA

During the week of June 27th, the Hilton Garden Inn had a blast celebrating "Team Member Appreciation Week."



HYATT HOUSE ATLANTA PERIMETER CENTER

On March 3rd, the Hyatt House marked their One Year Anniversary with a team member celebration.

HILTON GARDEN INN ATLANTA DOWNTOWN MANAGER OUTING

On May 24th, the Management Team at HGI spent the afternoon at the Skyline at Ponce City Market team-building over lunch and a round of miniature golf.



EMBASSY SUITES - CHATTANOOGA

During the week of July 1st, Embassy Suites – Chattanooga, celebrated "Team Member Appreciation Week," fun was had by all.



COMMUNITY PROJECTS AND OUTREACH

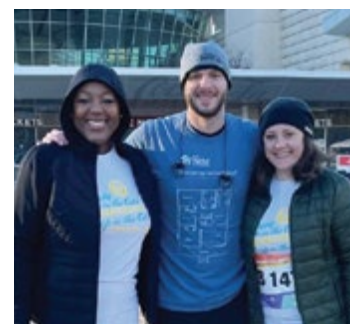


LEGACY RESTAURANT GROUP

In April, Chef Christopher Blobaum, Vice President, Food and Beverage, completed a course at the **World Central Kitchen** Relief Operations Center outside Washington DC. The WCK Relief Training is an intensive two-day course empowering participants with the core knowledge and skills needed to initiate and lead community-based responses to local disasters. World Central Kitchen uses the power of food to nourish communities and strengthen economies in times of crisis and beyond. The first meal in the training program was to make 500 sandwiches in 50 minutes and then to distribute to those in need in the DC metro area. The second day, paella was made in a 6-foot paella pan that fed 1250 people.

EMBASSY SUITES CHATTANOOGA

In June, the Embassy Suites – Chattanooga team, gathered bags of clothes, shoes, sheets, luggage, toys, electronics etc., along with creating 300 hygiene kits to donate to the **Chattanooga Community Kitchen**. The Chattanooga Community Kitchen's mission is to assist in meeting the most basic needs of the hungry, homeless and vulnerable within the community while offering pathways to self-sufficiency.



EMBASSY SUITES AT CENTENNIAL OLYMPIC PARK – ATLANTA

In April, the Embassy Suites – Atlanta team, created and donated 400 Hygiene kits to **Our House**, a local charity specializing in providing a pathway to stability and independence for families experiencing homelessness.

HYATT HOUSE ATLANTA PERIMETER CENTER

In July, the Hyatt House team participated in the 2022 **Back to School Drive**, gathering school supplies for team members and local children in need.

EMBASSY SUITES AT CENTENNIAL OLYMPIC PARK - ATLANTA

In February, the Embassy Suites-Atlanta team, participated in the **Atlanta Mission**, "Run in the COLD for those who Sleep in the COLD" 5K Run to End Homelessness.



BLUEPRINT SPOTLIGHT WHAT WE STAND FOR

These are the words of our team members. Through inter-active meetings with over 100 people across all assets, team members used these words to reflect the spirit of Legacy.

WHAT WE STAND FOR

CONSISTENT /kən'sistent/

Acting or done in the same way over time, especially so as to be fair or accurate.



"Consistent to me means always being the best version of myself in all areas of my life. This includes demonstrating behaviors and actions that continuously yields the highest quality of work."

BELINDA ADJEI-BOATENG, HUMAN RESOURCE MANAGER
| HILTON GARDEN INN ATLANTA DOWNTOWN



"I see consistency as a sort of reliability. Just as a telephone pole will not suddenly vanish or warp without interference, I like that there are people and establishments that will be there for me in the same way I intend to be there for them."

FELICIA LI, CORPORATE ADMINISTRATIVE ASSISTANT



"Being consistent for me is to provide the same quality of service/work regardless of the situation. Keeping a positive behavior towards coworkers and guests, every day of the week."

LAETITIA AGASSI, ASSISTANT CORPORATE DIRECTOR OF ACCOUNTING OPERATIONS, HOTELS | LEGACY VENTURES



"As the IT Manager for Legacy Ventures providing a Consistent experience to our Restaurant and Hotel teams is of the utmost importance to me. This Operationalizes the technology that they use on a daily basis so that they have the tools to provide a Consistent product to all of our external customers."

JOSH KUECHLER
IT MANAGER, COMPLIANCE AND OPERATIONS

If you have an idea for Newsletter content, please email Felicia Li at fli@lvmgt.com.

HAPPY LEGACY VENTURES ANNIVERSARY!

CELEBRATING 15 YEARS



Peter O'Hanlon

Peter has been with Legacy Ventures for 15 years this August as the Chief Financial Officer for Legacy Property Group. His role and responsibilities have grown over the years and he was recently promoted to President of Legacy Property Group. Along with overseeing the accounting and finance areas, Peter will now oversee LPG Operations.

CELEBRATING 20 YEARS



Stephen Lyons,

Concierge at Centennial Park West

Stephen has been welcoming Centennial Park West residents for 20 years this July.



Lamika Bell

October 2022, marks Lamika's 20-year anniversary with Legacy Ventures. Lamika currently works with the American Hotel as its Front Office Supervisor.

WORKSTYLE CORNER



RESPONSIBILITY AND AUTHORITY: THE THREE BUCKET SOLUTION

WRITTEN BY SARA FERNALD, EXECUTIVE COACH

A common pitfall between managers and people who report directly to them is a lack of clarity about how the direct report should – or should not - exercise authority in their position responsibilities. If both parties rely on assumptions (it's common sense after all!) about the direct report's level of authority it can put business processes at risk and damage the manager-direct report relationship. The 'Three Bucket Solution' helps to address this challenge.

'Three Bucket Solution' in action: The manager and direct report need to identify the standards that the direct report should maintain with their authority to act and requirement to communication with their manager. Placing these requirements into three 'buckets' helps to solidify mutual understanding and effectiveness.

Bucket #1 – The direct report has responsibility and authority to act without communicating the specifics to their manager. This typically involves routine tasks where there is no need for the manager to be aware of the details.

Bucket #2 – The direct report has responsibility and authority to act and are required to communicate actions undertaken to their manager. This typically involves situations where the direct report has demonstrated effective decision-making in situations that involve more complex people and process issues. The requirement to inform the manager of the action undertaken is to prevent the manager from being blind-sided by someone raising an issue with their direct report's action.

Bucket #3 – The direct report has responsibility for taking action on an issue/process but they are required to consult with their manager before taking action. Items in this category may shift to Bucket #2 over time if the direct report has proven their critical problem-solving skills for higher risk decisions.

It is very important that both parties use 2-way confirmation** to ensure they have a mutual understanding of what situations fall into each category. Creating a document to capture specific examples is helpful. Based on progressive experience, the manager and direct report will likely shift items between categories – either up or down the scale.

SAFETY & SECURITY CORNER

LET'S STAY SAFE

A FEW STEPS TO KEEPING
YOU SAFE...

1. Use the right tools/equipment
2. Report any unsafe conditions
3. Wear all necessary safety gear
4. Keep your area clear from clutter
5. Stay hydrated
6. Practice good posture when sitting or lifting
7. Take regular breaks
8. Be aware of your surroundings
9. Avoid taking shortcuts
10. Remain aware of all safety procedures



LEGACY TRIVIA

1. WHO WAS MAX'S COAL OVEN PIZZERIA NAMED AFTER?
2. WHAT IS THE MOST ORDERED PIZZA AT MAX'S?
3. WHAT YEAR DID MAX'S OPEN?



Answers: 1. David Marvin's eldest son 2. Cheese 3. 2009

LEGACY TABLE

SUMMER TOMATO, WATERMELON AND CUCUMBER SALAD WITH FETA AND BASIL

COURTESY OF CHEF
CHRISTOPHER BLOBAUM

Ingredients:

- 1 cup large cubed red seedless watermelon
- 1 cup large cubed yellow seedless watermelon
- 1 cup heirloom cherry tomatoes, halved
- 1 cup English cucumber, sliced
- ½ cup feta cheese, goat or cow's milk, crumbled
- ¼ cup basil leaves, torn
- 2 tablespoons mint leaves
- ¼ cup white balsamic vinegar
- 1 tablespoon lemon juice
- ½ cup fruity extra virgin olive oil
- sea salt to taste

Method:

In a mixing bowl, whisk together the white balsamic vinegar, lemon juice and olive oil. Season with sea salt. Add remaining ingredients. Gently toss and allow to marinate for about thirty minutes before serving. Serving it at room temperature allows the flavors to be at their fullest and most vibrant.

Notes:

Watermelons and tomatoes are a perfect match in the heat of summer! Remember that this salad is only as good as the ingredients, whenever possible source organic and local produce! This dish is all about celebrating the freshest, ripest summer ingredients. Watermelon and tomatoes both have abundant sources of lycopene, which has been found to be protective against cancer. A good heirloom tomato is botanically a fruit and their colors indicate their diversity of antioxidants, which help protect our cells from aging.



Enjoy!

