

FRESH FROM THE GARDEN TASTINGS

Strawberry-Chamomile Salad



Ingredients

1 pound leafy spring greens (lettuce, spinach, arugula, etc.)
1 ½ cups strawberries, chopped (approximately 1 pound)
Zest of 1 lemon
2 Tablespoons pumpkin seeds, roasted
4 figs or dates, roughly chopped
4 ounces goat cheese
¼ teaspoon salt, or more to taste
1 Tablespoon fresh chamomile flowers, to garnish

For the dressing

6 Tablespoons fresh chamomile flowers (2 Tablespoons dried)
2 Tablespoons lemon juice
1 Tablespoon lime juice
1 teaspoon grated ginger
½ teaspoon agave syrup, honey or maple syrup
6 Tablespoons olive oil
1 Tablespoon vinegar (white balsamic preferred)
Salt and pepper, to taste

Serves 4

Instructions

To prepare the dressing, mix all the ingredients together in a glass jar with a tightly sealed lid. Marinate for 4 hours then strain out the solids and set aside.

To prepare the salad, wash and chop the greens and strawberries. Add lemon zest, pumpkin seeds, figs or dates, salt, and dressing. Toss. Add goat cheese and toss again gently. To serve, garnish with chamomile flowers. Add salt and pepper, to taste.

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Flower Power Salad with Fiesta Ranch Dressing



Ingredients

1–2 heads lettuce or equivalent quantity of spring greens (spinach, pea shoots, kale, etc.)
1 large carrot or other spring roots (radish, parsnip, etc.)
10–12 edible flowers (such as violas, nasturtium, alyssum, broccoli, mint, etc.)

½ teaspoon chipotle chili, crushed
1 Tablespoon parsley
1 teaspoon cumin seeds
1 teaspoon dried cilantro leaves
1 teaspoon garlic powder
Crushed black pepper and salt, to taste
½ cup buttermilk
¼ cup sour cream or mayonnaise
1 Tablespoon of distilled white vinegar
Juice of 1 lime

Yield: 1 cup dressing
3–4 servings salad

Instructions

Wash and roughly chop lettuce and other spring greens. Wash carrot, and shred or cut into coins, as preferred. Gently wash edible flowers.

Prepare the dressing: in a jar with a tight-fitting lid, add all ingredients and then shake to mix.

Prepare the salad: toss spring greens, roots and dressing. Garnish with flowers to serve.

Note: Refrigerate any leftover dressing for up to one week. Mix gently with each reuse.