

FRESH FROM THE GARDEN TASTINGS

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.