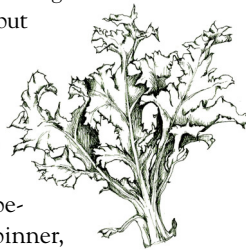


# Salad Greens

Salad greens start early and keep coming throughout the season. Experiment with salad building! As nineteenth-century editor and author Charles Dudley Warner once wrote, “You can put everything, and the more things the better, into a salad, as into a conversation; but everything depends on the skill of mixing.”



## STORAGE

Store unwashed lettuce or mesclun in a plastic bag in the refrigerator. (Wet greens will spoil quickly, so make sure they are truly dry before refrigerating them.) If you have a salad spinner, wash and spin the greens before refrigerating. Use mesclun mix within three or four days, and use lettuce within a week.

## HANDLING

Salad greens bruise easily, so be sure to handle them gently. For lettuce, slice the head at its base with a sharp knife and let the leaves fall open. Discard any damaged or leathery outer leaves. Wash lettuce and mesclun mix by swishing them in a basin of cold water. Dry the greens in a salad spinner. (Or place them loosely in a mesh bag or thin towel, then go outside and swing the bundle.)

## Sweet Maple and Balsamic Vinegar Dressing

Try this dressing over a mesclun mix or tossed with grilled or steamed vegetables. You might like to add some bitter greens such as endive, radicchio, or arugula to your salad mix to complement the sweetness of the dressing. *Angelic Organics Kitchen*.

Makes about 1 cup

- 1 cup extra virgin olive oil
- 3 tablespoons maple syrup
- 2 tablespoons balsamic vinegar
- 2 tablespoons finely sliced fresh basil
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon dry mustard
- 1 clove garlic, minced (about 1/2 teaspoon)
- salt
- freshly ground black pepper



1. Combine the oil, maple syrup, balsamic vinegar, basil, lemon juice, dry mustard, and garlic in a large jar. With the lid tightly screwed on, shake the jar vigorously until the oil and vinegar have thickened. Add salt and pepper to taste and shake again to combine.

2. Store the dressing in the refrigerator for up to 2 weeks. To serve, toss it with salad greens or grilled or steamed vegetables.

## The Crop

Our growing manager said to me last night, “What are we going to do with all the lettuce? We’ve got so much lettuce, and it’s all big and beautiful.” I said, “Give it all. The shareholders won’t mind. It’s the first box—they’re not tired of anything yet. Just cram it in somehow.” —Farmer John

## Braised Lettuces

Tired of munching bunny food? Don’t be afraid to add heat to lettuce. In this recipe, small heads work. Cooking lettuce this way brings out a natural, delicate sweetness in the leaves. The bunnies don’t know what they’re missing.

Serves 3 to 4

- 3 to 4 small heads lettuce, rinsed whole under running water, tough or bruised outer leaves removed
- 1/2 teaspoon salt
- 1–2 tablespoons butter
- freshly ground black pepper



1. Tie a piece of string around each head of lettuce, just tightly enough to hold the leaves together and promote even cooking.
2. Bring 2 quarts of water to a boil; add the salt and reduce the heat to a simmer. Add the lettuce heads and boil for 3 minutes.
3. Drain the lettuces in a colander and let cool. When cool enough to handle, gently squeeze them in your hands to remove any excess water. Remove the string.
4. Melt the butter in a large skillet over medium heat. Add the lettuce heads; cook until lightly browned, about 3 minutes. Continue to cook, turning them carefully, for another 3 minutes. Season with salt and pepper to taste. Serve immediately.

## Arugula Pesto

In this recipe, the strong, peppery snap of mature arugula finds its counterpart in Asiago cheese. Blended to creamy smoothness with garlic, olive oil, and toasted pine nuts, this vibrant pesto will make something brilliant of a basic pasta meal. You can also try it tossed with roasted potatoes or steamed vegetables. If you plan to freeze it, don’t add the cheese until after the pesto has thawed. *Angelic Organics Kitchen*.

Makes about 1 1/2 cups

- 1/4 cup pine nuts
- 2 cups mature arugula
- 1/2 cup freshly grated Asiago cheese (about 1 1/2 ounces)
- 1/2 cup extra virgin olive oil
- 1 clove garlic, smashed
- salt
- freshly ground black pepper



1. Preheat the oven to 350° F.
2. Toast the pine nuts in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. Transfer the nuts to a dish to cool.
3. Combine the arugula, Asiago cheese, oil, garlic, and pine nuts in a blender or food processor; process until thoroughly combined and smooth. Season with salt and pepper to taste.

Excerpted from *Farmer John’s Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

