





SALADS

for EVERY SEASON

25 Recipes from
Earthbound Farm



BY MYRA GOODMAN

workman shorts

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Introduction

No matter the season, my passion for salads is a constant: Whether it's freezing or sweltering out, I eat at least one a day. I eat my salads slowly, and I enjoy every bite.

We all know that salads are healthy. But to me there's more to it than that. Salads are also beautiful and delicious. Beyond that, they offer an easy way to bring the best flavors of the seasons into your home.

There's a huge selection of fresh salad greens available year round, but I make a special effort to enjoy fruits and vegetables at their peak in flavor and abundance, and I encourage you to do the same. The 25 salad recipes in this special e-book short are collected from my two cookbooks, *The Earthbound Cook: 250 Recipes for Delicious Food and a Healthy Planet* and *Food to Live By: The Earthbound Farm Organic Cookbook*. I hope they'll inspire in you a new sense of possibility. Seek out those early summer strawberries and raspberries—with some good balsamic, fresh mixed greens, and a few crumbles of blue cheese, they redefine “fast food.”

Your salads can follow the seasons all year round—late summer brings the opportunity to savor luscious tomatoes; in winter, embrace beets, citrus, and pomegranates; and in the springtime, experiment with kohlrabi, peas and baby turnips.

I created this e-book short (my first e-book ever) in part to celebrate the 25th anniversary of Earthbound Farm's pre-washed salads. In 1986, whole heads of iceberg lettuce were almost the only grocery-store option available to salad lovers. So much has changed since then—back when I would have been writing this on a typewriter and relying on copious applications of white-out!

Twenty five years ago my husband Drew and I were two years into farming our backyard garden—two and a half acres of fruit and nut trees, heirloom raspberries and baby greens in Carmel Valley, California—and operating a small roadside stand and local delivery route. Most people thought our dream of successful organic farming was a delusion, and assumed our baby greens would be at most a passing fad.

No one, including us, could have projected that Earthbound Farm would become the largest grower of organic produce in the country; that today we grow, wash, and sell more than 22 million servings of organic baby greens every week. That statistic amazes me. It doesn't seem so long ago that Drew and I washed every single salad we sold by hand!

What makes me even more proud and happy is that with the help of 150 growers, small and large, we farm almost 37,000 acres organically, avoiding the use of more than 11 million pounds of synthetic chemicals every year. That's a lot of chemicals kept out of our food supply, air, water and soil.

I hope you will enjoy these salad recipes and visit our website (www.ebfarm.com) for more ideas to help you and your families thrive.

Wishing you many delicious and healthy meals!

—Myra Goodman
Co-Founder, Earthbound Farm

Twelve Important Reasons to Choose Organic

I have spent my entire adult life devoted to organic farming, and I am passionate about sharing all the reasons why my commitment grows year after year. Here are twelve wonderful benefits of organic food and farming. I hope they convince you to make the organic choice whenever possible!

Choosing organic . . .

1. Keeps chemicals out of your body—and the environment.

Organic food is grown without toxic synthetic pesticides and fertilizers. Although you usually can't see or taste pesticides on your food, testing by government agencies shows that significant percentages of tested samples of some conventional produce have detectable pesticide residues. In addition to entering our food supply, pesticides applied in the field drift from their target and contaminate our air, oceans, rivers, groundwater, and soil.

2. Eliminates the main source of dietary pesticide exposure for kids.

The average child in the United States is exposed to five pesticides every day in his or her food and drinking water. A study published in *Environmental Health Perspectives* in 2008 showed that switching to organic produce and juices for just five days virtually eliminates any sign of exposure to organophosphate insecticides in children who previously showed evidence of these chemicals in saliva or urine samples.

3. Protects farmworkers, wildlife, and nearby homes, schools, and businesses.

When conventional agricultural chemicals are used in farm fields, they affect the people who apply the chemicals as well as the environment nearby. A 2006 study published in *Annals of Neurology* found that workers who handled pesticides had a 70 percent higher incidence of Parkinson's disease than those who did not. A 2009 follow-up to that study found that instances of Parkinson's were twice as high among people who lived near farms sprayed with certain types of pesticides, compared with people who weren't exposed.

4. Provides your family with highly nutritious produce.

According to The Organic Center's 2008 study titled "New Evidence Confirms the Nutritional Superiority of Plant-Based Organic Foods," average levels of 11 nutrients are 25 percent higher in organic foods than in conventional foods, based on 236 scientifically valid comparisons. Overall, organic produce is approximately 30 percent higher in antioxidants than conventional produce. And organic prepared foods never contain hydrogenated oils or artificial flavors, colors, or preservatives.

5. Protects our precious oceans.

Conventional fertilizers are a big contributor to the "dead zones" in our oceans, caused in large part by an excess of nitrogen from synthetic farm fertilizers that run off farmland into rivers and oceans. The excess nutrients lead to massive algal blooms, which consume most of the life-giving oxygen in the water as they decompose. The results are large areas in the ocean that can no longer support marine life. In the Gulf of Mexico, where one of the largest ocean dead zones has been created, the breakdown of nitrogen has been reported to be approximately 70 percent from fertilizers, 11 percent from municipal sewage, 12 percent from animal waste, and 6 percent from atmospheric deposition.

6. Reduces contaminants in our drinking water.

The U.S. Geological Survey's 2008 "Pesticide National Synthesis Project" found at least one pesticide in every stream tested. Pesticides found most frequently, and in the highest concentrations, were synthetic chemicals used in conventional agriculture.

7. Mitigates global warming.

The Rodale Institute, with more than 60 years of experience in studying soil health, has conducted 30 years of field research on the impacts of farming on soil health. They have looked at the levels of carbon in soil under conventional and organic management, and have shown that while conventional farming breaks down soil carbon, releasing it into the atmosphere in the form of CO₂, organic farming builds soil carbon levels by absorbing it from the atmosphere and can sequester up to 30 times more carbon than can conventionally managed soils.

If organic agriculture were practiced on the planet's 3.5 billion tillable acres, it could sequester nearly 40 percent of the world's current CO₂ emissions. And if all the 160 million acres of conventional corn and soybeans in the U.S. were converted to organic production, this would be the equivalent of taking 80 million cars off the road.

8. Assures you that you're not eating genetically modified or irradiated foods.

If you are concerned about consuming genetically modified organisms (GMOs), look for the USDA Organic Seal, which is currently your only assurance that the food you buy has not been genetically modified. The USDA's National Organic Program standards expressly prohibit the use of genetically modified ingredients and irradiation. There are no requirements for other types of food to be labeled as containing GMOs.

9. Avoids antibiotics and artificial growth hormones in meat and dairy.

Organically raised animals have been fed organic feed and grazed on organic pasture. They are raised in humane conditions that limit stress and promote health, and are never given antibiotics or synthetic growth hormones. As an added benefit, the animals' all-organic diet supports farmland that does not pollute the environment with toxic synthetic pesticides and fertilizers.

10. Supports the farmers and other food producers who invest the extra care to produce food organically.

When you buy organic, you are supporting the farmers who believe that the extra cost and effort of growing food without toxic synthetic pesticides and fertilizers avoids serious—and ultimately more costly—long-term issues like groundwater pollution, soil erosion, loss of biodiversity, and human health problems caused by exposure to agricultural chemical residues.

11. Promotes healthy soils.

Ask organic farmers about the cornerstone of organic farming, and their answer will probably be the same: creating rich, healthy soil. Organic farmers know that agrichemicals kill more than pests—they wipe out beneficial microorganisms and earthworms in the soil that help create rich soil that holds nutrients and protects plants from diseases. The soil in chemically treated fields is less healthy and more vulnerable to erosion.

12. Preserves biodiversity.

Preserving a balanced ecosystem is essential for the long-term health of our environment. Organic farming encourages an abundance of species living in balanced, harmonious ecosystems because it works with natural processes, not against them.

ADDITIONAL RESOURCES:

www.foodnews.org
www.whatsonmyfood.org
www.rodale.com
water.usgs.gov/nawqa/pnsp/

A Catalyst for Positive Change

Earthbound Farm wants nothing less than to help change the way America farms and the way America eats. Our land base has grown to almost 37,000 acres of organic farmland—much of which has made the transition from conventional to organic farming. Annually, Earthbound Farm's organic farming has a notable impact on the environment. In 2011 alone, Earthbound Farm's organic farming practices will have

- eliminated the use of 333,000 pounds of toxic and persistent pesticides.
- conserved nearly 1,800,000 gallons of petroleum by not using petroleum-based pesticides and fertilizers.
- avoided the use of nearly 11,200,000 pounds of synthetic fertilizers.

And last but not least: Based on our farming acreage, Earthbound Farm's organic fields are removing more than 55,000 tons of carbon dioxide from the atmosphere each year—equal to taking approximately 11,000 cars off the road.

A Field Guide to Salad Greens



Arugula, also known as rocket, is a popular aromatic leaf prized for its nutty flavor and mildly peppery bite. Delicious in salads, it also adds flavor to a variety of soups, pastas, and vegetarian dishes.



Wild Arugula is a peppery green that adds a spicy punch to salads. It is distinguished from other arugula varieties by its indented or serrated leaves and its lively taste.



Red and green butter lettuces have soft and supple rounded leaves, which are sweet and delicately flavored. Butterhead lettuces include Boston and Bibb, as well as many heirloom varieties.



Chard comes in many colors, even rainbow. Baby chards make a colorful, nutrition-rich addition to salads, while mature leaves taste similar to spinach when cooked.



Belgian Endive is a petite member of the chicory family, known for its succulent and velvety leaves that have a mildly bitter flavor.



Red Endive is a cross between Belgian endive and radicchio. Its red-edged leaves have a pleasantly bitter flavor.



Escarole, a member of the chicory family, has crisp ruffled leaves that range in color from pale yellow to dark green. It is pleasantly bitter and its piquant flavor works well in salads with assertive ingredients.



Frisée is a chicory that is also known as curly endive. Its long frilly leaves with their green tips and pale inner stems add a fresh, slightly bitter flavor, attractive texture, and loft to salads.



Green and red leaf lettuces are popular spring mix ingredients when picked small. These lettuces are very tender with a mellow, grassy flavor.



Little Gem is a small heirloom lettuce in the romaine family that grows 5 to 8 inches long. It is crisp and crunchy like romaine but its succulent leaves are juicier and have a sweeter, nuttier flavor.



Lollo Rosa is a mild-flavored lettuce with intensely ruffled leaves that are light green at the base and dark red at the edges.



Mâche, which is also called lamb's lettuce, has very soft and tender leaves that grow in tiny clusters. It has a mild, nutty flavor and makes a pretty, delicious addition to salads.



Mizuna is a Japanese green with a mild, sweet flavor and a slight mustard tang. Its serrated and deeply fringed baby leaves add elegance to spring mix, while adult leaves can be used in cooking.



Red Mustard leaves have a pungent flavor that strengthens as they mature. When picked young, baby leaves are mild and have less heat. They make an excellent addition to salads and sandwiches.



Green Oak Leaf lettuce has attractive, deeply lobed leaves that resemble oak leaves. They have a mild, sweet flavor and tender texture.



Red Oak Leaf lettuce is tender and delicate with a beautiful claret color that adds drama to any salad.



Green and White Peacock Kale, which comes in both green-tipped white and red forms, is mildly flavored when picked young. The fringed leaves add an ornamental quality and dimension to spring mix.



Radicchio, also known as Italian chicory, has a pleasantly bitter flavor and earthy taste. Its attractive burgundy-red leaves with distinctive white veins and ribs make a striking addition to salads.



Green Romaine lettuce is prized for its texture and mild flavor. It has crisp, sturdy leaves with a crunchy central rib, and is grown in both green



Red Romaine lettuce has the same taste and texture as the green variety. Baby romaine is a popular ingredient in spring mix.



Spinach in its baby form is mild, sweet, and delicate with hints of grassy flavor. Packed with nutrients, it is commonly used in salads, although it is also terrific when cooked.



Tango, a leaf lettuce, has distinctive curly, ruffled leaves which are tender and slightly tangier than other leaf lettuces.



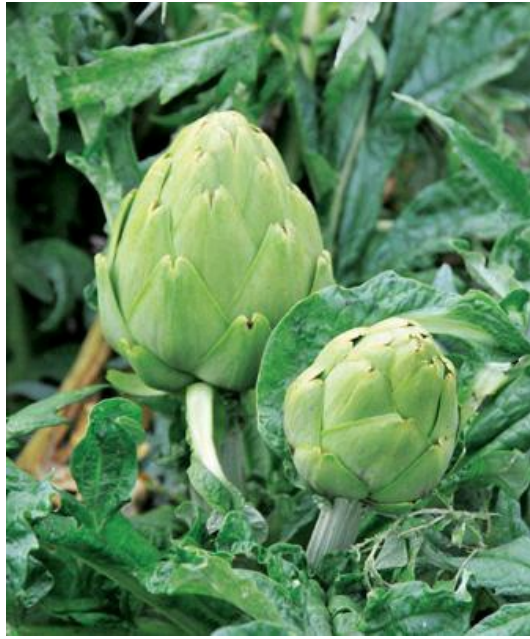
Watercress is a tender, succulent green that has a refreshing, peppery bite when the leaves are young. Use it in salads paired with sweet and salty ingredients to balance its mild tang.

Salad Green Yields

Having trouble figuring out how much lettuce to buy? This table should help. The weight indicated for head lettuce, such as romaine, is the weight before you trim it. The cup measurement is after you have torn the lettuce into bite-size pieces. Plan on serving 1½ cups of greens per person for a side salad and 4 cups per person for a main-course salad.

| Type | Amount, Cups |
|-------------------------|--|
| Iceberg | 2-pound head, 16 cups |
| Romaine | 20-ounce head, 8 cups 8-ounce heart, 4 cups |
| Red or green leaf | 16-ounce head, 8 cups |
| Butter (Boston or Bibb) | 12-ounce head, 10 cups |
| Radicchio | 10 ounces, 4 cups |
| Mixed baby greens | 5 ounces, 6 cups |
| Baby spinach | 5 ounces, 6 cups |
| Baby arugula | 5 ounces, 6 cups |

SPRING & SUMMER



Earthbound Farm Health Salad



Everything good from the garden plays a role in this salad, which is not only incredibly nutritious but also colorful and appealing. Carrots and radishes add crunch, cubes of succulent jicama stand in for croutons, creamy avocado contributes a touch of richness, and tamari-roasted sunflower seeds lend a crisp, salty note. What I like best about this raw vegetable salad is its versatility: every vegetable is optional. Substitute kohlrabi for the radishes; add shaved fennel, fava beans, strips of bell pepper, or sliced sugar snap peas. You can even toss in a shredded raw beet, if you don't mind that it'll tint your salad red. The Tofu-Dill Dressing is the perfect partner for the ultimate healthy salad—creamy and flavorful, high in protein, and low in fat.

Serves 4 as an entrée or 8 as a side salad

- 8 cups chopped or torn romaine lettuce, other sturdy lettuce, or spinach, any heavy stems removed, leaves rinsed and dried if not prewashed
- 1 small jicama (8 to 10 ounces), peeled and cut into $\frac{3}{4}$ -inch cubes (1½ cups)
- ½ cup cooked chickpeas (garbanzo beans), rinsed and drained if canned
- 2 large carrots, peeled and cut into julienne (about 1½ cups)
- 1 cucumber, peeled, halved lengthwise, seeded, and cut into $\frac{1}{8}$ -inch-thick slices
- 1 medium red tomato, cut into bite-size wedges
- ½ cup thinly sliced radishes
- 1 ripe avocado, pitted, peeled, and cut into $\frac{1}{2}$ -inch cubes
- 1 cup sunflower or other sprouts (see box)
- ¼ cup Tamari-Roasted Sunflower Seeds (recipe follows) or salted raw or toasted sunflower seeds
- Tofu-Dill Dressing (recipe follows)

1. Divide the lettuce among the serving plates or place it on a large platter. Arrange the jicama, chickpeas, carrots, cucumber, tomato, radishes, and avocado in separate mounds or rows on top of the lettuce, balancing the colors to make an attractive presentation.

2. Sprinkle the salads with the sprouts and the sunflower seeds, and serve with the Tofu-Dill Dressing on the side.

Tofu-Dill Dressing

This is a really healthy dressing—not much oil, and a good amount of vegetable protein contributed by the tofu. Flavored with garlic and fresh dill, it's very tasty. Although we specify silken or soft tofu, firm will also work, but it adds a bit of a grainy texture. If the dressing is too thick for your liking, thin it with a tablespoon of water. This dressing also makes a delicious dip for raw vegetables.

Makes 2 cups

- 2 large garlic cloves, peeled
- ½ cup fresh dill sprigs, thick stems removed
- 3 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon Dijon mustard
- 8 ounces (about 1 cup) silken or soft tofu, cut in pieces
- ½ teaspoon salt, or to taste

1. Place the garlic, dill, lemon juice, olive oil, and mustard in a blender and process until the garlic and dill are finely chopped. Add ¼ cup water and the tofu, and run the machine until the dressing is very smooth, stopping once or twice to scrape down the sides of the blender with a rubber spatula.

2. Season the dressing with salt, and transfer it to a bowl or pitcher for serving. The dressing can be refrigerated in a tightly covered glass jar for

up to 1 week; shake vigorously before using.

How to Grow Sprouts

Back in my college days, when I shopped at the local co-op and was learning how to cook, I grew my own sprouts, as did many of my friends. Although that fashion may have lapsed for several decades, it seems to be making a comeback. Alfalfa sprouts are generally available in supermarkets everywhere, but growing your own is easy—and best of all, you can grow all your favorite varieties. Almost any grain, bean, or seed can be sprouted. If you like sprouts with a peppery edge, try radish, broccoli, and arugula seeds; for more of a crunch, use chickpeas or sunflower seeds. Small seeds such as alfalfa and arugula grow long silky stems, whereas sunflower seeds, or legumes such as chickpeas and mung beans, yield crunchier, thicker-stemmed sprouts. Look for sprouting seeds or beans at health food and natural foods stores; do not sprout seeds meant for garden cultivation, as these could be treated or coated. It takes only 3 to 5 days to produce homegrown sprouts, and they add interest, flavor, and texture to salads and sandwiches. If you're looking to add more raw foods to your diet, sprouts are a great way. Plus, it's just so satisfying to grow something. All you need is a tiny bit of counter space and a 1-quart canning jar to start sprouting!

Makes about 3 cups

2 to 4 tablespoons sprout seeds or beans, rinsed in cool water

1. Place the seeds or beans in a 1-quart canning jar and add cool water to cover. Let the jar stand, covered with a clean dish towel, at room temperature for at least 5 hours, or overnight.
2. Drain the water from the jar and rinse the seeds or beans thoroughly; drain them again, and return them to the jar. The seeds or beans should be damp but not sitting in water. Place a piece of cheesecloth or a sprouting jar screen over the top of the jar. If you are using cheesecloth, secure the fabric with a rubber band. Lay the jar on its side (to spread out the seeds) and set it in a warm, dark spot.
3. Each day, rinse the seeds or beans thoroughly with cool water, drain them well, and return them to the jar. Cover the jar again with the cheesecloth, and return it to the warm, dark spot. The seeds or beans will begin to sprout in 3 to 5 days.
4. Once the sprouts are about 3 inches tall, place the jar in indirect sunlight for 2 to 4 hours or until the sprouts turn green. The sprouts are now ready to eat. Store them in the jar, tightly covered, or in an airtight container, in the refrigerator for up to 1 week. Rinse the sprouts every day or two to keep them clean and fresh.

Tamari-Roasted Sunflower Seeds

Sunflower seeds are delicious (some might say addictive) when slow-roasted in tamari sauce. They add a wonderful crunch and great flavor to salads.

Makes 4 cups

4 cups raw unsalted sunflower seeds

$\frac{3}{4}$ cup tamari or soy sauce

1. Position a rack in the center of the oven and preheat the oven to 300°F. Line a rimmed baking sheet with parchment.
2. Place the sunflower seeds in a small bowl and add the tamari. Stir to coat the seeds completely, and then drain off any excess tamari.
3. Transfer the seeds to the prepared baking sheet and bake, stirring them every 15 minutes to ensure even roasting, until they are crisp, dry, and just starting to color, 30 to 40 minutes. Let the seeds cool completely.
4. Store the sunflower seeds in an airtight container at room temperature for up to 3 weeks.

Spring Mâche Salad with Kohlrabi, Radishes, and Peas



Team mâche with sweet young peas, peppery radishes, and crisp kohlrabi (see box), and you create a salad that's a work of art, celebrating the best of the spring garden. If you have some steamed asparagus spears on hand, add those too. And, if you are lucky enough to find very fresh, young English peas, don't even bother to blanch them; their tender sweetness will shine through just the way they are.

Serves 4 as a side salad

- ½ cup fresh shelled English peas (from ½ pound unshelled peas)
- 4 ounces (about 1 cup) fresh sugar snap peas, stems and any strings removed
- 3½ ounces (about 5 cups) mâche, carefully rinsed and dried, if needed
- 1 tablespoon packed fresh tarragon leaves
- 1 tablespoon packed fresh chervil or dill
- About ¼ cup Lemon Vinaigrette (recipe follows)
- 1 small kohlrabi, peeled and cut into matchstick-size pieces ([see box](#))
- 2 radishes, trimmed and thinly sliced

1. Fill a large bowl of water with ice cubes and set aside.
2. Bring a small pot of water to a boil over high heat. Add the English peas (unless they are very young and tender) and sugar snap peas and cook them until crisp-tender, about 1 minute. Immediately drain the peas in a colander and then plunge the colander into the bowl of ice water to stop the cooking. When the peas have cooled, drain them again.
3. Just before serving, place the mâche, tarragon, and chervil in a large salad bowl and toss to combine. Add 2 tablespoons of the Lemon Vinaigrette. Toss to lightly coat the leaves, then taste, adding up to 1 tablespoon more of the vinaigrette if needed. Transfer the dressed greens to a platter or individual salad plates.
4. Place the English peas, sugar snap peas, kohlrabi, and radishes in the salad bowl and toss with 1 tablespoon of the vinaigrette. Arrange the vegetables on the greens. Serve immediately.

About Kohlrabi

Kohlrabi is round like a turnip and has a taste similar to a cabbage, only more sweet and mild. It tastes best when grown in cool weather; hot temperatures make the flesh strong tasting and woody. Look for it in farmers' markets during the spring and fall.

At first glance, you may think kohlrabi is a root vegetable, but it's not. The round edible base grows on top of the soil and has thick, leafy stems curving out from its sides. There are green- and purple-skinned varieties; both have a creamy white center. A young kohlrabi, smaller than a tennis ball, is crisp-tender when peeled and eaten raw. It adds a delicious crunch to salads. Larger, mature kohlrabi often has a woody texture, so it tastes best cooked. Try it in soups and stews as a substitute for turnip roots.

Lemon Vinaigrette

My husband Drew and I are lucky to have Meyer lemons growing in our backyard, so they are a main ingredient in our family's everyday "house dressing," which we enjoy on any type of salad green. Because Meyers are a little sweeter than regular lemons, they make an especially delicious dressing, but regular lemons will be good, too. The fresh-squeezed juice from either variety turns a basic vinaigrette into one that sparkles with bright flavors.

Makes about 1 cup

⅓ cup plus 2 tablespoons fresh lemon juice, preferably Meyer

⅔ cup high-quality extra-virgin olive oil

1 tablespoon Dijon mustard

3 large cloves garlic, peeled and crushed

¾ teaspoon coarse (kosher) salt

Place all the ingredients in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. The vinaigrette can be refrigerated, covered, for up to 1 week. Let it return to room temperature and remove the garlic cloves before using.

Watercress Salad with Crispy Prosciutto, Roasted Tomatoes, and Avocado

This salad is a wonderful composition of tastes and textures: peppery watercress, creamy and mellow avocado, crunchy nuts, and crisp, salty prosciutto. The oven-roasted cherry tomatoes take about 2 hours to make but are worth the trouble because they are so intensely flavorful. To maximize the use of this much oven time, you might want to double or triple the quantity—the roasted tomatoes will keep in the refrigerator for a month and are a terrific addition to many salads. On the other hand, if you're short on time, skip this step and just use fresh cherry tomatoes—the salad will still be delicious. If you can't find watercress, arugula makes a perfect substitute.

Serves 4 as a side salad

- 8 ounces (about 1½ cups) cherry tomatoes, sliced in half lengthwise
- 4 ounces (about 8 slices) prosciutto
- 1 tablespoon white wine vinegar or champagne vinegar
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon Dijon mustard
- Salt and freshly ground black pepper
- 5 ounces (about 6 cups) watercress or arugula, rinsed and dried if not prewashed
- 1 ripe avocado, pitted, peeled, and cut into thin slices
- ¼ cup pine nuts or chopped toasted Marcona almonds

1. Position a rack in the middle of the oven, and preheat the oven to 225°F.

2. Line a rimmed baking sheet with parchment and arrange the cherry tomatoes on it in a single layer, cut side up. Roast the tomatoes in the oven until they have begun to shrivel and dry out, about 2 hours. The tomatoes should retain some moisture but their flavor will have concentrated and sweetened from the long, slow roasting. Remove the baking sheet from the oven and let the tomatoes cool.

3. Raise the oven temperature to 400°F. Line a rimmed baking sheet with a clean piece of parchment and arrange the prosciutto slices on it in a single layer. Bake until the prosciutto turns crisp, 8 to 10 minutes. Remove the baking sheet from the oven.

4. Combine the vinegar, olive oil, and mustard in a medium bowl and whisk to blend. Season with salt and pepper to taste, and whisk again.

5. Add the watercress to the bowl and toss to coat it with the vinaigrette. Divide the greens among four plates. Divide the avocado slices among the salads. Sprinkle each serving with some of the nuts and oven-roasted tomatoes; then top with the crispy prosciutto, either in whole strips or crumbled. Serve immediately.

Strawberry-Tarragon Salad with Aged Balsamic Vinegar



Some people raise their eyebrows when they see this unusual salad of strawberries, tarragon, blue cheese, and mixed baby greens. But when they taste it—wow! The secret to its success is a strawberry-infused balsamic vinegar that's easy to make. Just be sure to allow a couple of hours for the vinegar to absorb the berry flavor. Save this recipe for the lucky day when you find baskets of sugar-sweet, organic berries. The recipe makes more than enough dressing for the salad here, so you can enjoy an encore later in the week.

Serves 4 as a side salad

- 2 pints small ripe strawberries, rinsed and hulled
- ¼ cup good-quality balsamic vinegar
- 2 tablespoons aged balsamic vinegar (optional), preferably at least 6 years old
- ¾ cup Herb-Flavored Oil (recipe follows; use tarragon) or extra-virgin olive oil
- ½ teaspoon Dijon mustard
- Pinch of salt
- 4 ounces (5 to 6 cups) mixed baby greens, carefully rinsed and dried, if needed
- ½ cup fresh whole tarragon leaves
- ¼ cup toasted pecans (see [Toasting Nuts and Seeds](#)), chopped
- ½ cup (2 ounces) crumbled blue cheese

1. Prepare the flavored vinegar by mashing three strawberries against the side of a small bowl with a fork. Add the ¼ cup of good-quality balsamic vinegar and stir to combine. Let the vinegar stand at room temperature to absorb the strawberry flavor, 1 to 2 hours.

2. Meanwhile, cut the remaining strawberries in half lengthwise so they are bite size (if you have large berries, cut them into quarters). If using aged balsamic vinegar, place the cut berries in a small, shallow bowl, add the aged vinegar, and stir to coat. Let the berries marinate at room temperature for 1 to 2 hours, stirring occasionally. If not using aged balsamic vinegar, you do not need to marinate the strawberries.

3. Strain the strawberry-flavored vinegar through a sieve, pressing down on the berries to extract all of the liquid from the fruit. Discard the solids. Place the flavored vinegar, Herb-Flavored Oil, mustard, and salt in a glass jar and seal the lid tightly. Shake the jar vigorously to combine.

4. Just before serving, place the mixed greens and tarragon in a large salad bowl and toss to combine. Add 3 tablespoons of the vinaigrette. Toss to lightly coat the leaves, then taste to see if more vinaigrette is needed. Any leftover vinaigrette can be stored, covered, in the refrigerator, for up to 3 days.

5. Divide the greens evenly among 4 salad plates. Arrange the strawberries on top and sprinkle with the pecans and blue cheese. Serve immediately.

Herb-Flavored Oil

Flavored oils are a simple way to jazz up a salad. Keep in mind that when you add fresh garlic or herbs to oil, it must be refrigerated to prevent bacterial growth. Almost any herb—for example, basil, tarragon, rosemary, or dill—can be used. Each will be delicious; just make small batches due to their short refrigerator life.

Makes ¾ cup

- 1 cup fresh herb leaves, such as tarragon, basil, rosemary, or dill
- ¾ cup extra-virgin olive oil or canola oil

1. Fill a large bowl of water with ice cubes and set it aside.

2. Bring a small saucepan of water to a boil over high heat. Add the herb leaves and [blanch](#) them to kill any bacteria, 15 seconds. Immediately drain the herb in a sieve, then plunge it into the bowl of ice water to stop the cooking. Drain the herb again and squeeze it dry in a clean dish towel or paper towels.

3. Transfer the herb leaves to a blender or mini food processor. Add the olive oil and blend for 1 minute.

4. Let the herb oil sit at room temperature until the flavor develops, about 1 hour. Then strain the oil through a sieve, pressing down on the solids to extract all the liquid from them before discarding. If you do not plan to use the flavored oil within 2 hours, it will keep, covered, in the refrigerator for up to 10 days.

Toasting Nuts and Seeds

Toasting brings out the wonderful flavor and aroma of nuts and seeds and makes them crisp and crunchy. This step takes only a few minutes, but you must watch the nuts and seeds carefully, as they can burn very easily. To reduce the risk of this happening, toast nuts whole or in large pieces.

In the oven: Position a rack in the center of the oven and preheat the oven to 350°F. Spread the nuts or seeds in a single layer on a rimmed baking sheet. Bake them for 5 minutes; then stir. Continue baking until the nuts or seeds are warm to the touch, lightly colored, and fragrant, 2 to 5 minutes longer.

In the microwave: Spread the nuts or seeds in a single layer on a microwave-safe plate. Microwave on high power for 1 to 3 minutes, checking and stirring every 30 to 60 seconds, until the nuts or seeds are warm to the touch, lightly colored, and fragrant. The cooking time will depend on the variety of nut, the amount you are toasting, and the wattage of your microwave oven.

On the stovetop: Place the nuts or seeds in a single layer in a heavy skillet, preferably cast-iron, over medium heat. Slowly toast, stirring occasionally, until the nuts or seeds are warm to the touch, lightly colored, and fragrant, 3 to 10 minutes.

Grilled Caesar Salad with Parmesan Crisps



Grilled lettuce? I know it sounds strange, but try this with romaine hearts the next time you have the grill heated up. The heart is the core of pale green inner leaves that's left when you strip the large mature leaves off a head of romaine lettuce. Before grilling whole hearts, brush them with the tangy Caesar Vinaigrette to add flavor and protect the tender leaves from the heat. A brief stint over the flames gives the romaine a smoky flavor and gently wilts the outside, leaving the innermost leaves crisp. Shavings of Parmesan cheese are the customary garnish for Caesar salad, but in this salad grated Parmesan bakes into crisp disks that can be served whole or crumbled over the salad. This, plus the Parmesan Croutons, give the salad a double hit of this delicious cheese.

Serves 4 as a side salad

¼ pound Parmesan cheese, finely grated (about 1⅓ cups)

4 whole romaine lettuce hearts, carefully rinsed and dried

About ½ cup Caesar Vinaigrette (recipe follows)

Parmesan Croutons (recipe follows)

1. Position a rack in the center of the oven and preheat the oven to 400°F. Line a baking sheet with parchment paper.
2. Spoon the grated cheese on the parchment paper, making four 3-inch rounds about ¼-inch thick, spaced 1 inch apart. Bake the cheese until it bubbles and turns golden, 8 to 10 minutes. Using a spatula, transfer the Parmesan crisps to paper towels to cool.
3. Set up a barbecue grill and preheat it to high.
4. Leaving the romaine hearts intact, liberally brush each with some of the Caesar Vinaigrette. Gently separate the leaves so that you can brush the inner leaves, too. Set the remaining Caesar Vinaigrette aside.
5. Place the whole romaine hearts on the grill and cook, turning frequently, until the outer leaves are wilted and charred slightly, about 4 minutes.
6. Transfer the romaine hearts to a cutting board and cut off the stem ends so that the leaves separate. Arrange the romaine on a large platter. Sprinkle the croutons over the lettuce. Arrange the whole Parmesan crisps on the platter or break them into bite-size pieces and sprinkle them over the salad. Serve immediately with the remaining Caesar Vinaigrette on the side.

Caesar Vinaigrette

Kathy Goodman, my husband Drew's stepmother, created this tangy vinaigrette, which has the flavor punch of Caesar dressing but without the egg. It's great with hearts of romaine and other sturdy lettuces, but it has a light consistency so it's also appropriate for more tender baby greens. Add some croutons and shaved Parmesan cheese for a quick version of the classic Caesar.

Makes about ⅔ cup

- 1 large clove garlic, minced
- 1 tablespoon Dijon mustard
- 1 teaspoon anchovy paste
- ¼ teaspoon Worcestershire sauce
- ½ teaspoon Tabasco sauce
- Juice of 1 lemon (about 3 tablespoons)
- ½ cup extra-virgin olive oil

1. Place the garlic, mustard, anchovy paste, Worcestershire sauce, and Tabasco sauce in a small bowl and, using a fork, mash them into a paste.
2. Add the lemon juice and stir to combine. Whisking constantly, slowly add the olive oil in a steady stream. Continue to whisk until the dressing thickens. The vinaigrette can be refrigerated, covered, for up to 1 week. Let it return to room temperature before using.

Parmesan Croutons

Crisp and flavor packed, these garlicky croutons are almost decadent thanks to the butter and Parmesan cheese. Making croutons is a yummy way to make good use of day-old bread. For a more rustic version, leave the crusts on, or if you prefer, cut them off. Either way, you'll enjoy these croutons sprinkled on salads and soups.

Makes 3 cups

- 4 tablespoons (½ stick) unsalted butter
- ¼ cup extra-virgin olive oil
- 3 cloves garlic, peeled and crushed
- 3 cups bread cubes (½-inch cubes), cut from day-old bread, such as a baguette
- ½ cup (2 ounces) freshly grated Parmesan cheese

1. Cook the butter, olive oil, and garlic in a small saucepan over very low heat until hot, 5 to 10 minutes. Remove the butter mixture from the heat and let sit at room temperature to develop the flavor, about 1 hour.
2. Position a rack in the center of the oven and preheat the oven to 325°F.
3. Place the bread cubes in a large bowl. Remove and discard the garlic from the butter mixture, then pour it over the bread cubes and toss to coat. Spread the bread cubes on a large rimmed baking sheet in a single layer. Bake the croutons until they are golden, 15 to 20 minutes.
4. Remove the baking sheet from the oven and sprinkle the cheese evenly over the croutons while they are still warm. Spread out the croutons on paper towels to absorb any excess oil. If you are not planning on serving the croutons immediately, let them cool completely before storing in an airtight container. They will keep for up to 3 days refrigerated.

Spring Mix Salad with Warm Almond-Crusted Goat Cheese

Here's an easy way to impress friends: Serve warm disks of meltingly soft goat cheese, coated with crunchy toasted almonds, on top of a medley of tender baby greens. Some slices of apple and a handful of raisins contribute a hint of sweetness that balances the earthy flavor of the goat cheese. If you prefer a salad without fruit, just leave it out—it will still be delicious. The thyme-accented balsamic vinaigrette pairs well with this combination of ingredients.

Serves 4 as a side salad

- 4 ounces plain fresh goat cheese log, such as Montrachet
- 2 tablespoons finely chopped toasted unsalted almonds (see [Toasting Nuts and Seeds](#))
- 5 ounces (about 6 cups) mixed baby greens, rinsed and dried if not prewashed
- 1 large crisp apple, such as Fuji or Gala, quartered, cored, and thinly sliced
- About ¼ cup Lemon-Thyme Balsamic Vinaigrette (recipe follows)
- Salt and freshly ground black pepper
- ¼ cup raisins

1. Position a rack about 5 inches from the broiler unit and preheat the broiler on high. Line a rimmed baking sheet with parchment paper or aluminum foil.
2. Cut the goat cheese into 4 rounds, each approximately ½-inch thick. Press the almonds into the top and bottom of each cheese round. Transfer the cheese to the prepared baking sheet.
3. Place the greens and apple slices in a large bowl, and add half of the vinaigrette. Toss to coat, season to taste with salt and pepper, and add more vinaigrette as desired.
4. Broil the cheese until the top begins to brown, watching closely so that the nuts don't burn, 1 to 3 minutes.
5. Divide the greens among four salad plates. Using a spatula, place a cheese round in the middle of each salad. Sprinkle with the raisins, and serve immediately.

Lemon-Thyme Balsamic Vinaigrette

Combining two types of oil and two types of acid results in a French-style vinaigrette that is both lighter and more flavorful than single-ingredient dressings. We like the combination of thyme with goat cheese, but basil or oregano, either fresh or dried, can be added to vary the effect. Because the dressing is so light, it's very nice on all tender salad greens.

Makes about ½ cup

- ¼ cup extra-virgin olive oil
- 2 tablespoons canola oil
- 2 tablespoons balsamic vinegar
- 1½ teaspoons fresh lemon juice
- ½ teaspoon minced shallot
- ½ teaspoon dried thyme
- ¼ teaspoon sugar

Place all the ingredients in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. The vinaigrette can be refrigerated, covered, for up to 1 month. Let it return to room temperature and shake vigorously before using.

Farm Stand Greek Salad



Traditionally, a Greek salad is a mix of tomatoes, olives, cucumbers, onions, and feta cheese—but no lettuce. Of course, at our Farm Stand's Organic Kitchen, we just can't resist adding crisp hearts of romaine lettuce to our Greek salad. We also dress it up with strips of roasted red peppers.

Serves 6 as a side salad

- 3 romaine hearts
- 1 small regular cucumber, peeled, seeded, and cut into ½-inch dice
- ½ small red onion, very thinly sliced
- 15 cherry tomatoes, cut in half, or 2 large tomatoes, cut into ½-inch dice
- 2 tablespoons capers, rinsed
- 30 kalamata olives, pitted
- About ⅓ cup Classic Red Wine Vinaigrette (recipe follows)
- 3 ounces feta cheese, grated or crumbled (about ⅔ cup)
- 1 red bell pepper, roasted (recipe follows) and cut into 1-inch strips, for garnish

1. Remove the cores from the romaine hearts. Carefully rinse the leaves under gently running cold water, drain them well, and spin them dry. Cut the leaves crosswise into 1-inch strips.
2. Just before you plan to serve the salad, place the romaine in a large salad bowl. Add the cucumber, onion, tomatoes, capers, and olives and toss to combine. Add about one-half of the vinaigrette. Toss to lightly coat the leaves, then taste them to see if more vinaigrette is needed.
3. Transfer the salad to a platter or individual salad plates. Sprinkle the feta cheese on top and garnish with some of the bell pepper strips. Serve immediately.

Roasted Bell Peppers

Roasting accentuates the sweetness of red, yellow, or orange bell peppers and brings out their rich juices. When cut into strips, roasted peppers add color and flavor to leafy green salads, sandwiches, or casseroles. It's nice to keep them in the refrigerator—they make an easy appetizer when friends drop by. Slivers of pepper, especially a mix of colors, are a lovely topping for toasted baguette slices spread with soft goat cheese.

When roasting the peppers, don't walk away from the broiler. Turning the peppers frequently while their skins blister and turn black allows the flesh underneath to soften without burning. Try not to pierce the skin when you turn the peppers so that you don't lose precious juices. The charred skin should slip off the peppers easily when you peel them with your fingers. Hold the peppers over a bowl to catch any liquid that may escape. Resist the temptation to rinse roasted peppers. If a few charred bits of skin remain, they will add flavor and a pleasing rustic appearance.

- Red, yellow, or orange bell peppers
- Extra-virgin olive oil

1. Preheat the broiler and line a roasting pan with aluminum foil for easy cleanup.
2. Place the whole peppers in the pan and broil about 4 inches from the heat, turning frequently with tongs, until the skins blister and begin to turn black, about 10 minutes.
3. Transfer the peppers to a small paper or plastic bag, close it tightly, and let the peppers steam for 5 to 10 minutes.
4. When the peppers are cool enough to handle, working over a small bowl to catch the juices, pull off and discard the charred skin. Cut the peppers in half and remove and discard the stems and seeds. If you wish, cut the pepper halves into thick strips.
5. Put the peppers in the bowl with the juices and drizzle olive oil over them. Covered tightly, they can be refrigerated for up to 7 days.

Classic Red Wine Vinaigrette

It's worth keeping a bottle of this tasty salad dressing on hand. It enhances, without overwhelming, delicate greens and can also stand up to a robust salad overflowing with a garden of ingredients.

Makes about 1 cup

- 1 small clove garlic, finely minced
- 1 teaspoon finely minced shallot
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 teaspoon salt
- ¼ teaspoon freshly ground black pepper
- Pinch of sugar
- ¼ cup red wine vinegar
- ⅔ cup extra-virgin olive oil

Place all the ingredients in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. The vinaigrette can be refrigerated, covered, for up to 1 month. Let it return to room temperature before using.

Chopped Summer Vegetable Salad

It's fun to make this salad because there's no limit to the flavor combinations you can create. Almost any mix of vegetables will be good, as long as you include plenty of different colors, textures, and tastes to keep it lively. The secret to a great-looking chopped salad is to cut all the vegetables, except the lettuce, about the same size—¼-inch dice would be ideal. If you're making it in advance, store all the diced vegetables in one container, separate from the lettuce. At serving time, mix the lettuce and the vegetables together and toss with the dressing. We love chopped salad with Buttermilk Blue Cheese Dressing, but your own flavorful favorite will be great, too.

Serves 6 to 8 as a side salad

- 5 cups chopped romaine or iceberg lettuce, or a combination of both
- 1 large ripe tomato, seeded and diced (about 1 cup)
- ½ cup diced zucchini
- ½ cup diced yellow summer squash
- ½ cup diced carrots
- ½ cup diced radishes
- ½ cup peeled and diced cucumber
- ½ cup fresh, young, uncooked corn kernels (from 1 ear; optional)
- ½ cup fresh shelled young English peas (optional; see Notes)
- About ⅔ cup Buttermilk Blue Cheese Dressing (recipe follows)
- Salt and freshly ground black pepper

Just before you plan to serve the salad, place the lettuce in a large salad bowl and add the tomato, zucchini, summer squash, carrots, radishes, cucumber, and corn and peas, if using. Toss to combine. Add ½ cup of the Buttermilk Blue Cheese Dressing. Toss to lightly coat the salad, then taste to see if more dressing is needed. Season the salad with salt and pepper. Transfer the salad to a platter or individual salad plates. Serve immediately.

Buttermilk Blue Cheese Dressing

Tangy and herby, this blue cheese dressing is perfect for iceberg, romaine, or spinach salads and would make a great dip for grilled chicken wings. Leave out the blue cheese, and you'll have a fresh-tasting ranch dressing that's better than anything you'll ever get from a bottle.

Makes about 1½ cups

- ¼ cup fresh flat-leaf parsley leaves
- 2 tablespoons fresh snipped chives
- 1 small clove garlic, peeled
- ½ cup (2 ounces) blue cheese, chopped or crumbled
- ½ cup mayonaise
- ⅔ cup buttermilk
- Salt and freshly ground black pepper

1. Place the parsley, chives, and garlic in a food processor or blender. Pulse the machine until the herb mixture is finely chopped, stopping once or twice to scrape the side of the bowl with a rubber spatula.

2. Add the blue cheese, mayonnaise, and buttermilk and blend until the dressing is smooth, then season with salt and pepper to taste. The dressing can be refrigerated, covered, for up to 1 week.

Summer Salad with Butter Lettuce, Raspberries, and Hazelnuts



Delicate red berries and crunchy hazelnuts turn a simple green salad into an unusual first course for a warm summer evening meal. The raspberry vinaigrette accentuates the fruit and nut flavors. If you're pressed for time, skip the candied nuts and simply toast $\frac{1}{4}$ cup of raw nuts.

Serves 4 as a side salad

- 1 large head butter lettuce, such as Bibb or Boston
- About $\frac{1}{4}$ cup Raspberry-Hazelnut Vinaigrette (recipe follows)
- 1 half-pint (about $1\frac{1}{4}$ cups) fresh red or golden raspberries, or a combination
- $\frac{1}{4}$ cup Brown Sugar Glazed Hazelnuts (recipe follows)

1. Carefully pull the lettuce leaves from the core, tearing off and discarding any damaged parts. Rinse the leaves under gently running cold water, drain them well, and spin them dry. Wrap the lettuce in a clean kitchen towel or paper towels and refrigerate until serving time.
2. Just before you plan to serve the salad, gently tear the large lettuce leaves into smaller pieces. Keep smaller leaves whole. Place all of the lettuce in a large salad bowl and add 3 tablespoons of the Raspberry-Hazelnut Vinaigrette. Toss to lightly coat the leaves, then taste to see if more vinaigrette is needed.
3. Transfer the lettuce to individual salad plates. Top the lettuce with the raspberries and Brown Sugar Glazed Hazelnuts and serve immediately.

Brown Sugar Glazed Hazelnuts

You'll probably catch your kids—or even yourself—sneaking a taste of these sweet nuts before serving time, so you may want to double the recipe. Depending on the humidity, the hazelnuts may be sticky even after they cool. But don't worry, they will still taste great. Try this basic recipe with almonds, pecans, or walnuts, too.

Makes $1\frac{1}{2}$ cups

- $1\frac{1}{2}$ cups whole raw hazelnuts, with or without skins
- $\frac{1}{4}$ cup light brown sugar
- Pinch of salt
- 1 large egg white

1. Position a rack in the center of the oven and preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper (for the easiest cleanup) or grease the baking sheet. Set it aside.
2. Combine the hazelnuts with the brown sugar and salt in a small bowl. Add the egg white and stir to combine. Using a slotted spoon or a fork, transfer the nuts to the prepared baking sheet and spread them out in a single layer.
3. Bake the hazelnuts until they are golden brown, 10 to 12 minutes. Turn off the oven, leaving the baking sheet inside with the oven door closed for 10 minutes to dry the nuts.
4. Transfer the baking sheet to a wire rack and let the hazelnuts cool completely. Store the nuts in an airtight container, placing pieces of waxed paper between the layers to separate them. The nuts can be kept at room temperature for up to 3 weeks. If the nuts become moist or sticky, recrisp them by spreading them on a parchment paper-lined baking sheet and heating them in a 325°F oven for 10 minutes. Let the nuts cool before serving.

Raspberry-Hazelnut Vinaigrette

The flavors in this simple vinaigrette echo the fresh raspberries and candied hazelnuts in the Summer Salad with Butter Lettuce, Raspberries, and Hazelnuts, but it would be equally light and refreshing on a simple salad of mixed baby greens. You can substitute any flavorful nut oil to match

the nuts you've used in the salad.

Makes about ½ cup

2 tablespoons raspberry vinegar

½ teaspoon Dijon mustard

3 tablespoons hazelnut oil

3 tablespoons extra-virgin olive oil

Salt and freshly ground black pepper

Place the raspberry vinegar, mustard, hazelnut oil, and olive oil in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. Season the vinaigrette with salt and pepper to taste. The vinaigrette can be refrigerated, covered, for up to 1 month. Let it return to room temperature before using.

Bistro 211 Cobb Salad

Bistro 211 is close to my office in Carmel, and chef Jon Magnusson's exceptionally good Cobb salad is one of my favorite lunches. Jon was one of our first customers when we started our farm in 1984. Born and raised in Iceland, his motto is "Everything from scratch and always from the heart." This is a composed salad with turkey, cheese, bacon, avocado, tomato, and diced egg arranged in attractive parallel strips. It makes a beautiful presentation. I love the basil vinaigrette, which is also terrific with other salads or as a veggie dip.

Serves 4 as a main course

8 cups sliced romaine hearts (2 to 3 hearts), rinsed and dried if not prewashed
8 ounces roasted turkey breast, cut into ¼-inch cubes
½ cup (2½ ounces) crumbled blue cheese
8 slices bacon, cooked until crisp, crumbled
1 ripe avocado, pitted, peeled, and cut into ½-inch cubes
1 large tomato, cored and cut into ¼-inch dice (about 1 cup)
3 hard-cooked eggs, diced
Bistro 211 Basil Vinaigrette (recipe follows)

1. Spread the lettuce in an even layer on a medium-size platter. Arrange the turkey cubes in a 2-inch-wide strip over the lettuce. Next arrange the blue cheese in a strip, parallel to the turkey. Repeat with the bacon, avocado, tomato, and eggs.

2. Drizzle about ½ cup of the basil vinaigrette over the salad and serve immediately, with extra dressing on the side.

Bistro 211 Basil Vinaigrette

This tasty dressing is a cross between a classic vinaigrette and a creamy dressing. In his restaurant, chef Jon Magnusson uses an egg to emulsify the vinaigrette, but I've substituted plain yogurt to attain a thick, creamy consistency. Lots of fresh basil adds flavor and color. This versatile dressing will complement many salads, but is best used in combination with sturdy greens.

Makes about 1 cup

3 tablespoons red wine vinegar
1 tablespoon fresh orange juice
⅓ packed cup fresh basil leaves
¼ cup chopped yellow onion
2 small garlic cloves, peeled
1 teaspoon Dijon mustard
½ teaspoon salt
⅓ teaspoon freshly ground black pepper
¼ cup plain nonfat yogurt
⅔ cup canola oil

1. Combine the vinegar, orange juice, basil, onion, garlic, mustard, salt, and pepper in a blender, and process until smooth. Add the yogurt and process again for 10 seconds. With the machine running, add the canola oil in a slow, steady stream.

2. Use immediately, or transfer the dressing to a container, cover, and refrigerate for up to 1 week. Let it return to room temperature and shake vigorously before using.

Three-Color Potato Salad



I grow different types of new potatoes in my garden, and this recipe may be my favorite way to serve them. The salad is a glorious combination of potatoes with green beans, tomatoes, olives, capers, and parsley. It's a perfect dish to bring to a picnic or potluck.

Serves 6 to 8

1½ pounds small new potatoes, preferably in assorted colors such as red, purple, and yellow, scrubbed (peeling optional)

Salt

About 4 cups cold water

About 8 ounces fresh green beans or wax beans, or a combination of both, trimmed, blanched (see box), and cut into 1-inch lengths (1½ cups)

2 large ripe tomatoes, cored and cut into ½-inch dice

1 small red onion, halved through the stem end, then very thinly sliced crosswise

½ cup Kalamata olives, pitted and halved

⅓ cup chopped fresh flat-leaf parsley

2 tablespoons capers, drained

Pinch of dried red pepper flakes

¼ cup extra-virgin olive oil

1 tablespoon fresh lemon juice

1 teaspoon dried oregano

Freshly ground black pepper

1. Place the potatoes in a large pot, and add 1 tablespoon salt and enough cold water to cover. Cover the pot and bring the water to a boil over high heat. Then reduce the heat to medium-low and simmer until the potatoes are tender, 20 to 30 minutes, depending on their size.

2. While the potatoes are cooking, place the green beans, tomatoes, red onion, olives, parsley, capers, and red pepper flakes in a large mixing bowl, and stir gently to combine.

3. Combine the olive oil, lemon juice, and oregano in a small glass jar and seal the lid tightly. Shake the jar vigorously to combine. Season the vinaigrette with salt and pepper to taste, and set it aside at room temperature.

4. When the potatoes are tender, drain them immediately, and then let them cool until they can be handled. Cut the potatoes into small pieces, and add them to the bean mixture. Pour the vinaigrette over the vegetables, and toss gently to coat thoroughly. Season with salt and pepper, if desired. The salad can be served at room temperature or chilled. It can be refrigerated, covered, for up to 3 days.

Blanching

Blanching is the process of immersing food (usually vegetables, fruits, and herbs) briefly in boiling water, then plunging it into ice water to stop the cooking. Blanching firms the flesh, loosens the skins, and sets the color and flavor of food. You can blanch delicate spring vegetables like peas and fava beans and pat them dry before putting them in the freezer, where they will keep for up to 3 months.

Farro Salad with Edamame and Arugula



We all know that adding healthy whole grains to our diet is important, but most of us fall short of the daily recommended three servings. If you're looking for something enticing in the grain category, farro may become your new favorite. This ancient grain is easy to cook and has a wonderful nutty flavor and an appealing chewy texture. Here we've paired it with edamame (Japanese green soybeans), which are rich in vitamins, minerals, protein, and omega-3 fatty acids, and with peppery, nutrient-rich arugula.

Serves 6 to 8

Salt

1¼ cups farro (see box)

1½ cups shelled fresh (1½ pounds unshelled) or frozen edamame (soybeans), thawed if frozen

2 cups lightly packed arugula, coarsely chopped

½ cup thinly sliced scallions (white part and 3 inches of green)

¾ cup Tomato Vinaigrette (recipe follows)

Freshly ground black pepper

1. Bring 6 cups of water to a boil in a large covered saucepan over high heat. Add 1 tablespoon salt and the farro, and return to a boil. Then reduce the heat to medium-low and cook, stirring occasionally, until the farro is puffed and slightly chewy, 20 to 30 minutes. (Do not overcook, or the farro will be mushy.) Drain the farro immediately, and rinse it under cold running water until it is cool. Drain again, and transfer it to a large bowl.
2. Bring a covered medium-size saucepan of water to a boil over high heat. Add the edamame and ½ teaspoon salt and cook until the edamame is crisp-tender, 3 to 5 minutes, or if frozen, according to the package directions.
3. Meanwhile, fill a medium-size bowl with ice water.
4. Drain the edamame and plunge it into the bowl of ice water. When the edamame is cool, drain it thoroughly and add it to the farro.
5. Add the arugula and scallions to the mixture, and toss to combine. Add ½ cup of the Tomato Vinaigrette and stir to combine. Taste, and add more dressing if desired. Season the salad with salt and pepper to taste, and serve at room temperature. (The salad can be refrigerated, covered, for up to 3 days.)

About Farro

Farro (also known as “emmer wheat”) is one of the first grains humans ate in Egypt and Mesopotamia—as early as 17,000 B.C., even before the development of domestic agriculture. It was valued for its hardiness as well as its heartiness—farro grows well in poor conditions, and its grain is packed with protein. It's said that farro sustained the Roman legions as they conquered the known world; its warm, nutty flavor is still especially prized by the Italians.

Today farro is returning to the limelight both for its delightful flavor and for its health benefits. Although it resembles a short-grain rice, it's actually a variety of wheat. Like barley and oats, farro is a cereal whose husk adheres to the grain, making it an excellent source of fiber. It's also a good source of the antioxidant vitamin E, which supports the body's immune system and its ability to heal an injury. When combined with legumes—as it is in many Tuscan recipes—farro forms a complete protein source, so it's a great choice for vegetarian diets.

With its chewy texture and delicious nutty flavor, farro is a healthy addition to soups, stews, and salads, and it can be used as a stand-in for Arborio rice in risottos. It's available in either whole-grain or a quick-cooking semi-pearled form (like rice, the more it's processed, the more nutrition it loses). Farro pastas are also gaining in popularity—they retain a nutty flavor but their tender texture is smooth, not grainy. Many people who are allergic to modern hybridized wheat find they can tolerate farro because it contains less gluten, and what it has is more easily digested. (People with severe allergies or celiac disease should check with their doctor before trying it, however.)

Tomato Vinaigrette

This fresh Tomato Vinaigrette adds a hint of sweetness to the farro salad—and if you have any dressing left over, it tastes great on leafy green salads, too.

Makes 1 cup

- 2 large tomatoes, peeled, seeded, and chopped ($\frac{3}{4}$ cup; see box)
- 2 tablespoons white wine vinegar
- 1½ tablespoons chopped fresh oregano, or 1½ teaspoons dried
- $\frac{1}{2}$ teaspoon minced peeled garlic
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{4}$ cup extra-virgin olive oil

1. Place the tomatoes, vinegar, oregano, garlic, salt, and pepper in a food processor or blender, and puree until smooth. With the machine running, add the olive oil in a slow, steady stream.

2. Use immediately, or transfer the dressing to a glass jar, seal the lid tightly, and refrigerate for up to 1 week. Let it return to room temperature and then shake vigorously before using.

How to Peel and Seed a Tomato

To peel a tomato, use a small knife to cut around and remove the core from the stem end. Then cut a small X through the skin on the bottom of the tomato. Submerge the tomato in boiling water just until the skin begins to loosen, about 30 seconds. Quickly remove the tomato from the boiling water and plunge it into a bowl of ice water to stop the cooking process. Drain, and remove the skin (it should slip off easily).

To seed a tomato, cut it in half through the stem end (lengthwise), and squeeze the juices and seeds into a sieve set over a bowl. Reserve the juices, if desired, and discard the seeds.

Panzanella Salad

Panzanella is a traditional Italian bread salad that probably originated as a thrifty way to use up bread that was no longer fresh. Cubes of day-old (or older) bread are tossed with tomatoes, cucumbers, onions, and peppers. A zesty dressing made with sun-dried tomatoes adds another dimension and moistens the bread so that the ingredients meld into a very flavorful meal. This is a salad that lets you be creative: Capers, olives, or anchovies are also delicious additions. The bread can be toasted if you want more crunch.

Serves 6

- 12 ounces day-old country-style bread, with crusts, cut into 1-inch cubes (8 cups)
- 4 large tomatoes, cored, seeded, and chopped, juices reserved
- 1 large cucumber, peeled, seeded, and cut into ½-inch dice
- 2 medium red, yellow, or green bell peppers, stemmed, seeded, and cut into ¼-inch dice (about 2 cups)
- 1 small red onion, cut into ¼-inch dice (1 cup)
- ¾ to 1 cup Sun-Dried Tomato Vinaigrette (recipe follows)
- Salt and freshly ground black pepper
- 20 fresh basil leaves, cut into very thin ribbons

1. Place the bread in a large bowl, and add the tomatoes, cucumber, bell peppers, and red onion.

2. Add ¾ cup of the Sun-Dried Tomato Vinaigrette to the mixture, and toss to coat all the ingredients evenly. Taste, and add more vinaigrette if the salad is dry.

3. Season the salad with salt and pepper to taste, and garnish with the basil. The salad should be served within an hour or two of making. If made too far in advance, the bread will soak up all the dressing and you will need to add more.

Sun-Dried Tomato Vinaigrette

Loaded with flavor, this vinaigrette is also terrific tossed with sturdy greens such as romaine.

Makes about 2 cups

- ½ cup sun-dried tomatoes, reconstituted in hot water if not soft and pliable, chopped
- ½ teaspoon minced peeled garlic
- ½ cup red wine vinegar
- ¼ cup balsamic vinegar
- ½ cup canola oil
- ½ cup extra-virgin olive oil
- Salt and freshly ground black pepper

1. Place the sun-dried tomatoes, garlic, and both vinegars in a food processor or blender. Puree until smooth, scraping the sides of the bowl once during processing, about 1 minute.

2. With the machine running, add the canola and olive oils in a slow, steady stream. The dressing will be thick. Add salt and pepper to taste. The vinaigrette can be refrigerated, covered, for up to 2 months. For the best flavor, serve at room temperature.

FALL & WINTER



Roasted Beet and Arugula Salad with Walnuts and Feta Cheese



At our Carmel Valley Farm, our organic café roasts a jewel-like assortment of beets, and they always sell out quickly. The vibrant colors and sweetness of the beets and blood oranges in this salad are accentuated by the creamy-white feta and crunchy nuts. Feel free to substitute mixed baby greens, mâche, or frisée for the arugula. Fresh goat cheese works just as nicely as feta. If you can't find baby beets, larger ones will do fine.

Serves 4 as a side salad

- 1 pound Roasted Baby Beets (recipe follows), at room temperature
- About $\frac{1}{3}$ cup Orange Walnut Vinaigrette (recipe follows) or Walnut Balsamic Vinaigrette (recipe follows)
- 5 ounces (about 6 cups) baby arugula, carefully rinsed and dried, if needed
- 2 blood oranges or naval oranges, segmented (optional; see box)
- $\frac{1}{2}$ cup (2 ounces) crumbled feta cheese
- $\frac{1}{2}$ cup Spiced Candied Walnuts (recipe follows), or $\frac{1}{2}$ cup walnuts, toasted (see [Toasting Nuts and Seeds](#))

1. Cut the beets in half or quarters so that they are bite size. If you are using larger beets, cut them into $\frac{1}{2}$ -inch dice. Place the beets in a small bowl, add 1 to 2 tablespoons of the vinaigrette, and toss until the beets are coated. The salad can be prepared to this stage 1 day in advance, if desired.

2. Just before you plan to serve the salad, place the arugula in a large salad bowl. Add about 3 tablespoons of the vinaigrette. Toss to lightly coat the arugula, then taste to see if more vinaigrette is needed.

3. Transfer the arugula to a platter or individual salad plates. Arrange the beets and orange segments, if using, on top of the greens and sprinkle the feta and walnuts over them. Serve immediately.

Roasted Baby Beets

Freshly roasted beets are a far cry from the canned beets I remember from my childhood. Baby golden or ruby red beets are sweet and lovely, but larger beets are quicker to peel, and both large and small beets taste equally delicious. In any case, try to select beets that are similar in size so they will cook at the same rate. Since they will keep for several days, roast extra beets to add to salads at the last minute or to warm as a quick side dish, drizzled with extra-virgin olive oil and balsamic vinegar.

Serves 4

- 1 pound baby beets, preferably an assortment of varieties (see Note)
- 1 tablespoon olive oil
- Salt and freshly ground black pepper

1. Position a rack in the center of the oven and preheat the oven to 400°F.

2. Trim off the beet greens, leaving the stringy root end and about $\frac{1}{2}$ inch of the stem attached. Set the beet greens aside for another use (see box). Rinse the beets under cool water and gently scrub them with a vegetable brush to remove any dirt. Dry the beets with paper towels.

3. Place the beets in a shallow baking dish and coat them with the olive oil. Sprinkle salt and pepper over the beets. Tightly cover the baking dish with aluminum foil.

4. Bake the beets until they are tender when pierced with the tip of a knife, 35 to 45 minutes (larger beets will take longer).

5. Let the beets cool enough to handle, then, using a paring knife, remove the stems and stringy roots and slip off the skins. If you are using different colored beets, cook and keep each variety separate until serving so that the colors do not bleed together. The beets can rest for up to 2 hours at room temperature. They can be refrigerated, covered, for up to 3 days.

NOTE: Look for baby beets that are about the size of golf balls. If you use larger beets, increase the cooking time by 15 to 30 minutes.

Orange Walnut Vinaigrette

The candied walnuts and oranges in the roasted beet salad harmonize beautifully with the walnut oil and citrus in this dressing. Together, the flavors simply sing! The vinaigrette is also delicious drizzled over steamed green beans or grilled asparagus.

Makes about 1¼ cups

- ½ cup good-quality roasted walnut oil
- ¼ cup extra-virgin olive oil
- 1 tablespoon fresh orange juice or blood orange juice
- 1 teaspoon finely grated orange zest
- 5 tablespoons sherry vinegar
- 2 teaspoons Dijon mustard
- 1 tablespoon finely minced shallots
- ¼ teaspoon salt, or more to taste
- ¼ teaspoon freshly ground black pepper, or more to taste

Place all the ingredients in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. Let the dressing sit at room temperature for 1 hour to allow the flavors to develop before serving. The vinaigrette can be refrigerated, tightly covered, for up to 1 month. Let it return to room temperature before using.

Walnut Balsamic Vinaigrette

The quality of the oil and vinegar makes all the difference in this dressing. If you find a roasted walnut oil, the nutty flavor will not be lost in the rich balsamic vinegar. This is an intensely flavored dressing that also makes a nice basting sauce for grilled figs.

Makes about 1 cup

- ¾ cup roasted walnut oil
- ¼ cup good-quality balsamic vinegar (see box)
- 2 teaspoons Dijon mustard
- Salt and freshly ground black pepper

Place the walnut oil, vinegar, and mustard in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. Season the vinaigrette with salt and pepper to taste. The vinaigrette can be refrigerated, covered, for up to 1 month. Let it return to room temperature before using.

About Beets

When you go to a farm stand or specialty market, you may find red beets, golden beets, even red-and-white striped Chioggia beets that look like a bull's eye when sliced. Usually beets are cooked, but for a change, try grating raw gold or striped beets over a salad. Beet roots have the highest sugar content of any vegetable, but they are high in fiber and vitamin C. The greens are even better for you, offering just as much fiber and even higher levels of vitamins A and C.

When buying beets, select ones with firm, unblemished skins. You can store them in the refrigerator for up to three weeks. If you buy beets with their greens attached, you'll know they were recently picked. Because the greens draw moisture from the beets, cut them off before you store the beets, leaving about an inch of stem attached and refraining from cutting the tap root. (If cut before cooking, beets bleed and stain everything in proximity a bright crimson.)

Don't automatically toss the greens. Tiny, tender leaves can be added raw to mixed baby salad greens. If the leaves are a bit bitter but are still young and fresh, they will be delicious braised or stir-fried by themselves or with a mix of other sturdy greens, such as kale, chard, or collards.

How to Segment Citrus Fruit

Citrus slices are tastier and easier to eat in a salad when you cut off the bitter white pith along with the peel and remove the tough membranes that hold the juicy segments together.

First, cut a thin slice off both ends of the fruit so that it can sit level on a cutting board. Using a sharp paring knife, cut downward following the contour of the fruit, removing wide strips of the peel and pith and leaving the flesh intact. Then, while holding the fruit over a bowl to catch the juice, slice between each white membrane to release the flesh in wedges, leaving behind the tough membrane casing.

Spiced Candied Walnuts

Sweet and spicy walnuts make memorable a simple salad or dessert. The unusual flavor of these candied nuts comes from the Chinese five-spice powder and they are especially good on salads that have roasted walnut oil in the dressing. Hazelnuts, almonds, or pecans are also good prepared this way.

Makes 2½ cups

¼ cup sugar
½ teaspoon Chinese five-spice powder
2 tablespoons honey
2½ cups (8 ounces) walnut halves or pieces
Salt

1. Position a rack in the center of the oven and preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper (for the easiest cleanup) or grease the baking sheet. Set it aside.
2. Place the sugar, five-spice powder, honey, and 2 tablespoons of water in a medium-size saucepan and stir to combine. Bring the mixture to a boil over high heat and add the walnuts. Reduce the heat to medium-high and cook, stirring constantly, until the liquid evaporates, 3 to 5 minutes.
3. Transfer the walnuts to the prepared baking sheet and spread them out in a single layer. Bake the walnuts until they are golden brown, 10 to 12 minutes. Stir the nuts after 4 minutes, and keep a close eye on them during the final minutes of baking because they can burn very quickly.
4. Season the walnuts with salt to taste, then let them cool to room temperature.
5. Break apart any nuts that are stuck together. Store the walnuts in an airtight container, placing pieces of waxed paper between the layers to separate them. The nuts can be kept at room temperature for up to 1 month. If the walnuts become too moist or sticky, re crisp them by spreading them on a parchment paper-lined baking sheet and heating them in a 325°F oven for 10 minutes. Cool the nuts before serving.

California Waldorf Salad

The first waldorf salad was created in the 1890s at the Waldorf-Astoria hotel in New York City. Originally, it was just apples and celery tossed with mayonnaise, but over the years, nuts, grapes, and raisins have become standard additions. We just couldn't resist giving the salad a West Coast spin by tossing the apple salad with tender baby spinach leaves and sparking up the dressing with curry and yogurt.

Serves 4 as a side salad

- ½ cup plain nonfat yogurt or sour cream
- ⅓ cup mayonnaise
- 1 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 2 teaspoons curry powder
- ½ teaspoon honey or sugar
- 1 unpeeled apple, cut into ⅓-inch dice (1 cup)
- ½ cup thinly sliced celery
- ½ cup raisins
- ¾ cup seedless grapes, cut in half
- ½ cup pecans or walnuts, toasted (see [Toasting Nuts and Seeds](#))
- 5 ounces (about 6 cups) baby spinach or mixed greens, carefully rinsed and dried, if needed

1. Place the yogurt, mayonnaise, lime zest and juice, curry powder, and honey in a small glass, ceramic, or wooden bowl and whisk to combine.

2. Place the apple, celery, raisins, grapes, and nuts in a large bowl. Add about half of the yogurt dressing and stir to combine. Just before serving, add the spinach and toss to combine. If the salad is too dry add more dressing. Any leftover dressing can be refrigerated, covered, for up to 1 week. It's good in chicken salad or as a dip for broccoli florets or apple slices.

Jicama and Orange Salad

The red, green, and orange colors of this salad are eye-catching, and the jicama adds a succulent crunch. The Orange-Sesame Vinaigrette, with its blend of citrus and Asian flavors balanced with just a hint of sweetness, brings all the components into perfect harmony.

Serves 4 to 6 as a side salad

- 2 medium oranges
- 1 small jicama (8 ounces; see box), peeled and cut into 1-inch-long matchsticks (1 cup)
- ¼ cup thinly sliced red onion
- 3 cups (about 2½ ounces) baby spinach, rinsed and dried if not prewashed
- 3 cups rinsed, dried, torn red-leaf lettuce leaves (bite-size pieces)
- About ½ cup Orange-Sesame Vinaigrette (recipe follows)
- 2 tablespoons sesame seeds, toasted (see [Toasting Nuts and Seeds](#))

1. Using a sharp knife, cut the peel and white pith from the oranges. Working over a mixing bowl, cut on either side of each membrane, releasing the orange segments into the bowl. Remove any seeds, and cut the orange segments in half.

2. Place the orange segments, jicama, red onion, spinach, and lettuce in a large salad bowl and toss to combine. Add ¼ cup of the Orange-Sesame Vinaigrette and toss lightly to coat the salad. Taste to see if more dressing is needed. Sprinkle with the sesame seeds and serve immediately.

Orange-Sesame Vinaigrette

The classic trinity of Asian ingredients—soy sauce, sesame oil, and rice vinegar—gets a boost from fresh orange juice, which adds a hint of sweetness and a bright note to this tasty vinaigrette. It can also do double duty as a quick marinade for shrimp or fish.

Makes about ¾ cup

- 3 tablespoons canola oil
- 3 tablespoons toasted [sesame oil](#)
- 3 tablespoons soy sauce
- 2 tablespoons fresh orange juice
- 2 tablespoons unseasoned rice vinegar
- 1 teaspoon finely grated peeled fresh ginger
- 1 teaspoon honey
- Salt and freshly ground black pepper, to taste

Combine the canola oil, sesame oil, soy sauce, orange juice, vinegar, ginger, and honey in a glass jar and seal the lid tightly. Shake vigorously to combine. Taste the dressing, and season with salt and pepper if desired. The vinaigrette can be refrigerated, covered, for up to 2 weeks. Let it return to room temperature and shake well before using.

About Jicama

Jicama is a round tuber that can vary in weight from 4 ounces to 6 pounds. It is native to Central America and is a cousin of the sweet potato. Covered in a thin, nondescript brown skin, the flesh inside is white and exceptionally crisp and juicy, with an applelike texture. It is mildly sweet and has hints of nutty flavor reminiscent of fresh water chestnuts. By itself jicama is somewhat bland, but its fresh, clean taste marries beautifully with other ingredients. Most often eaten raw, jicama adds texture to salads and makes a crunchy addition to vegetable trays. Try it with hummus as a low-calorie alternative to bread or crackers, or dunk it in your favorite dip. For something out of the ordinary, serve it as they do in Mexico: cut into sticks and sprinkled with fresh lime juice, chile powder, and salt for a refreshing snack. Jicama can also be cooked in stir-fries, braises, and soups, where it absorbs flavors without losing its characteristic crunch.

Jicamas are generally imported from Mexico or South America and are available year-round. Select small to medium-size jicamas with smooth, unblemished skins; large specimens can be fibrous, tasteless, and starchy. Avoid any that show signs of shriveling or cracking. The skin should be thin, not thick and desiccated. Jicamas can be stored in a cool, dry place, uncovered, for up to 1 week, or refrigerated, uncovered, for up to 2 weeks. Once peeled or cut, wrap it tightly, refrigerate it, and use it within a week.

Jicama is an excellent source of vitamin C and contains calcium, potassium, magnesium, and vitamin A—all for a mere 49 calories per cup. If that isn't enough to convince you of the health advantages of this vegetable, consider that 1 cup also contains more than 6 grams of fiber!

To prepare jicama, remove the skin as well as the fibrous flesh directly under the skin, using a vegetable peeler or a sharp knife. If the jicama is very fresh, the skin will simply pull off.

Escarole with Walnuts, Dates, and Bacon



Escarole is a perfect choice for winter salads because it's sturdy and assertive enough to stand up to an array of ingredients and flavors. It has a crisp, juicy texture with a peppery bite, which makes a nice counterpoint to the sweet, chewy dates, mellow toasted walnuts, and smoky pieces of bacon in this salad. If escarole is not available, frisée is a delicious substitute, or use a combination of radicchio and Belgian endive. Complemented with a walnut vinaigrette, this salad makes a refreshing first course for a rich meat meal.

Serves 4 as a side salad

- 1 large head (7 ounces) escarole, outer leaves discarded, rinsed, dried, and torn into bite-size pieces (6 lightly packed cups)
- 4 ounces (about 5 slices) bacon, cooked until crisp, broken into bite-size pieces
- 1/3 cup chopped pitted dates (about 6 dates)
- 1/4 cup walnut pieces, toasted (see [Toasting Nuts and Seeds](#))
- Scant 1/4 cup thinly sliced red onion
- Walnut Vinaigrette (recipe follows)

1. Place the escarole, bacon, dates, walnuts, and red onion in a large bowl and toss to combine.
2. Add half of the vinaigrette to the salad and toss to coat. Add more dressing to taste and serve immediately.

Walnut Vinaigrette

Toasted walnut oil is simply sumptuous and we love it in vinaigrettes, where its rich, nutty flavor really sings. Here it mellows the peppery bite of escarole and amplifies the flavor of the walnuts in our Escarole with Walnuts, Dates, and Bacon, adding an exquisite balance to a hearty salad.

Makes 1/2 cup

- 1/3 cup toasted walnut oil
- 2 tablespoons red wine vinegar
- Salt and freshly ground black pepper

Place the walnut oil and vinegar in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. Season the vinaigrette with salt and pepper to taste. The dressing can be refrigerated, covered, for up to 2 months. Let it return to room temperature and shake vigorously before using.

Chopped Autumn Salad

Romaine lettuce and red cabbage make a delicious, crunchy combination. The colors of this salad are beautiful, and every bite is good for you. Apples, pears, persimmons, and pomegranates are the signature fruits of autumn; for a change of pace you can add dried cranberries, sliced grapes, or a handful of toasted and chopped nuts.

Serves 6 to 8 as a side salad

12 ounces red cabbage, cored and coarsely chopped (about 4 cups)
2 romaine hearts, coarsely chopped (about 6 cups), rinsed and dried if not prewashed
2 crisp apples, such as Fuji, Gala, or Braeburn, peeled, cored, and cut into ¼-inch dice (about 2 cups)
2 ripe but firm pears, such as Bosc or Anjou, peeled, cored, and cut into ¼-inch dice (about 1½ cups)
2 Fuyu persimmons, peeled and cut into ¼-inch dice, seeds discarded, if any
Apple Cider Vinaigrette (recipe follows)
Seeds from 1 medium pomegranate (optional)
20 fresh mint leaves, cut into thin ribbons

1. Place the cabbage and romaine in a large bowl and toss to combine.

2. Just before serving, add the apples, pears, and persimmons to the cabbage-romaine mixture and toss to combine. Add half of the Apple Cider Vinaigrette and toss again, adding more dressing as desired.

3. Transfer the salad to a large platter and garnish with the pomegranate seeds, if using, and the mint. Serve immediately.

Apple Cider Vinaigrette

This sweet-tart dressing is terrific with sturdy or assertive greens like the romaine and red cabbage in the Chopped Autumn Salad. If you prefer a sweeter flavor, add an extra tablespoon of brown sugar or a tablespoon of honey or agave syrup.

Makes about ¾ cup

½ cup apple cider vinegar
2 tablespoons (packed) light brown sugar
¼ cup extra-virgin olive oil
Pinch of salt, or more to taste

Combine all the ingredients in a glass jar and seal the lid tightly. Shake vigorously to combine. The vinaigrette can be refrigerated, covered, for up to 2 weeks. Let it return to room temperature and shake vigorously before using.

Sesame Soba Noodle Salad

Soba are long, thin, flat Japanese noodles made from a combination of buckwheat and wheat flours. The buckwheat gives them their distinctive beige-brown color and nutty flavor. Slivers of crunchy radish and carrot add texture and color to this salad, which is very light and fresh tasting, with a subtle hint of sesame flavor. It goes well with grilled chicken or fish.

Serves 6 to 8

- 8 ounces dry soba (buckwheat) noodles
- ¼ cup plain sesame oil (see box)
- ½ cup unseasoned rice vinegar
- 3 cups julienne-cut, seeded, peeled cucumber
- 2 cups grated carrots
- 2 cups grated radishes (about 16 radishes)
- 6 scallions (white part and 3 inches of green), thinly sliced
- 1½ teaspoons salt
- Freshly ground black pepper, to taste
- 2 tablespoons sesame seeds, toasted (see [Toasting Nuts and Seeds](#))

1. Bring a large pot of salted water to a boil over high heat. Reduce the heat to medium and add the noodles. Cook at a slow simmer until the noodles are just tender, 7 to 10 minutes. Transfer the noodles to a colander and set it under cold running water to stop the cooking. Drain well, and transfer the noodles to a large bowl.

2. Mix the sesame oil and vinegar together in a small bowl.

3. Add the cucumber, carrots, radishes, and scallions to the noodles, and toss to combine. Add the dressing, salt, and pepper, and toss to coat. Transfer the salad to a serving platter, sprinkle with the sesame seeds, and serve. The salad can be refrigerated, covered, for up to 5 days.

Sesame Oils

Sesame oil is available in two forms: plain and toasted. Plain (or cold-pressed) oil is made from raw sesame seeds and has very little color, aroma, or flavor. Its neutral taste and high smoke point make it a good choice for sautéing. It will keep for up to 6 months at room temperature. Toasted (or roasted) sesame oil, on the other hand, is made from toasted seeds, a technique that draws out a rich fragrance and flavor. It is a deep brown color and should be stored in the refrigerator to avoid spoilage. Unlike plain sesame oil, it should not be used as a cooking oil, although a few teaspoons are often added to a dish at the very end of stir-frying once the pan is off the heat. Use toasted sesame oil for vinaigrettes and cold sauces, too.

Baby Greens Salad with Grilled Figs and Walnuts



I love these grilled figs—mouthfuls of heavenly sweetness wrapped in prosciutto. They are truly luscious, especially when perched on a bed of lively baby greens and surrounded by crunchy walnuts. Fresh figs are available in the early summer and again in the early fall. If your figs are not ripe, they will soften after a few days on the kitchen counter.

Serves 4 as a side salad

- 8 small ripe but firm figs
- 8 paper-thin slices prosciutto
- 2 tablespoons good-quality roasted walnut oil
- Freshly ground black pepper
- 4 ounces (5 to 6 cups) mixed baby greens, carefully rinsed and dried, if needed
- About $\frac{1}{4}$ cup [Walnut Balsamic Vinaigrette](#)
- $\frac{1}{2}$ cup [Spiced Candied Walnuts](#) or toasted walnuts (see [Toasting Nuts and Seeds](#))

1. Cut each fig in half through the stem end. Cut each slice of prosciutto in half so each piece is just large enough to wrap around a fig half. Wrap each fig half with a piece of prosciutto so that the ends overlap on the fig's cut side. Press the ends of the prosciutto together to seal them (the moisture from the fig and prosciutto will hold them together).
2. Set up a barbecue grill and preheat it to medium-high.
3. Brush each wrapped fig with some of the walnut oil and sprinkle pepper over it.
4. Place the figs on the grill and cook, turning occasionally with tongs, until the prosciutto is golden browned and slightly crisp, about 2 minutes on each side. Transfer the figs to a plate and set aside.
5. Just before you plan to serve the salad, place the greens in a large salad bowl. Add 3 tablespoons of the vinaigrette. Toss to lightly coat the greens, then taste to see if more vinaigrette is needed.
6. Transfer the greens to individual salad plates. Arrange 4 fig halves on each salad and top with the Spiced Candied Walnuts. Serve immediately.

Baby Turnip and Carrot Salad

Paper-thin rounds of raw baby turnips and carrots are moistened with a fresh lemon-parsley dressing to make an unusual and remarkable salad. Baby white turnips are sweet and juicy, with a mild hint of pepperiness. They are a world removed from their mature cousins, which are often hard and stringy and have a very sharp bite. Mid-March through June is the peak season for tender baby turnips. Look for very small turnips with a diameter about the same as the carrots'. If you can find purple or red carrots, use an assortment of hues to add a colorful note. This salad benefits from a short marination, up to 2 hours, to allow the flavors to develop and meld. Anything much longer than this, however, and the salad will begin to lose its appealing crunch and vivid colors.

Serves 4

6 baby white turnips, golf-ball-size, washed and trimmed
2 large carrots, peeled
¼ cup minced fresh flat-leaf parsley
½ tablespoon minced shallot
¼ teaspoon minced garlic
2 tablespoons fresh lemon juice
3 tablespoons extra-virgin olive oil
2 tablespoons canola oil
Sea salt and freshly ground black pepper, to taste

1. Using a mandoline (see box), slice the turnips into paper-thin rounds. (Alternatively, use a sharp knife to slice the turnips as thin as possible.) Transfer the turnips to a medium-size bowl. Slice the carrots in the same manner, using only the thickest part of the carrots so that all the rounds are approximately the same size. Add the carrots to the bowl. (Unused parts of the carrots can be saved for stocks, soups, or healthy snacks.) You want roughly equal quantities of turnip and carrot for the salad. Stir in the parsley.
2. Combine the shallot, garlic, and lemon juice in a glass jar and seal the lid tightly. Let this mixture marinate at room temperature for 10 minutes.
3. Add the olive and canola oils to the shallot mixture, seal the lid tightly, and shake vigorously to combine. Season to taste with sea salt and pepper. The dressing can be refrigerated, covered, for up to 5 days. Let it return to room temperature and then shake vigorously before using.
4. Add the dressing to the turnip-carrot mixture, tossing to coat. Season the salad with sea salt and pepper to taste. Refrigerate the salad, covered, for up to 2 hours before serving.
5. Transfer the salad to a platter or individual salad plates, and serve.

Mandolines

A mandoline is the secret to achieving uniform, wafer-thin slices of vegetables. This handy tool, also called a V-slicer, is sold in most cookware shops and housewares departments, in a range of styles and prices. For home use, inexpensive plastic models work perfectly well, so don't feel that you need to invest in a \$200 stainless-steel import. Look for a slicer that has interchangeable slicing blades, usually ranging from 1/16 inch to ¼ inch, as well as a julienne blade for cutting vegetables into matchstick-size strips. Because the blades are extremely sharp, it's important to choose a mandoline that comes with a safety guard to protect your fingers.

Roasted Beet Salad alla Caprese



Insalata Caprese, the sublime Italian classic that marries tomatoes, basil, and *mozzarella di bufalo*, is spectacular when sun-ripened tomatoes are in season. But from December to June, when tomatoes are lackluster, sweet earthy beets make an excellent substitution. In our unorthodox version of this popular salad, disks of meltingly soft mozzarella alternate with roasted beets and rounds of juicy citrus. Drizzled with an orange-scented vinaigrette, the salad is a beautiful study in colors and textures as well as a pleasure for the palate. Be sure to use soft fresh milk or buffalo milk mozzarella sold in water, not the hard mozzarella that is used for grating and has a plastic texture. If fresh basil is not available, use arugula or parsley as a winter substitute.

Serves 4 to 6

- 4 medium beets, preferably 2 red and 2 golden, scrubbed and trimmed (see [About Beets](#))
- 1 tablespoon olive oil
- Salt and freshly ground black pepper, to taste
- 2 tablespoons red wine vinegar
- Grated zest of 1 orange
- 1 tablespoon fresh orange juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey, or more to taste
- ½ cup extra-virgin olive oil
- 2 balls (4 to 6 ounces each) fresh milk or buffalo milk mozzarella cheese, drained and patted dry
- 2 medium oranges
- Sea salt and freshly ground black pepper, to taste
- ¼ cup fresh basil leaves, sliced in very thin ribbons, or opal basil sprigs

1. Position a rack in the middle of the oven and preheat the oven to 400°F.

2. Dry the beets with paper towels and rub them with the tablespoon of olive oil. Season them with salt and pepper, and then wrap each beet individually in aluminum foil, sealing it tightly. Place the beets directly on the oven rack and roast until they are very tender, 50 to 60 minutes, depending on their size.

3. Remove the beets from the oven and let them cool on a rack (still in their foil packets) until they are cool enough to handle, 30 to 40 minutes. (The cooked beets can be refrigerated, tightly wrapped, for up to 2 days in advance. Return the beets to room temperature before proceeding with the recipe.)

4. Peel the beets or rub off the skins with a clean kitchen towel. Cut the beets into ¼-inch-thick rounds, discarding the top and bottom pieces.

5. Place the vinegar, orange zest, orange juice, mustard, honey, and extra-virgin olive oil in a glass jar. Cover the jar tightly with a lid and shake it vigorously to combine. Season the dressing with salt and pepper to taste, and add more honey if you prefer a sweeter flavor. Set the dressing aside at room temperature while you finish the salad (or refrigerate it for up to 5 days).

6. Cut the mozzarella into ¼-inch-thick slices. Place the cheese on a platter and drizzle with some of the vinaigrette. Let stand at room temperature for 20 to 30 minutes.

7. Cut off a thin slice from the top and bottom of each orange so that the fruit will sit level on a cutting board. Using a sharp paring knife, remove wide strips of the peel and white pith by cutting downward, following the contour of the fruit. Leave the flesh intact. Cut the oranges crosswise into

¼-inch-thick slices.

8. To assemble the salad, arrange slices of beets, cheese, and oranges in an attractive overlapping pattern. Drizzle the salad with some of the vinaigrette, and season it lightly with sea salt and freshly ground pepper. Scatter the basil ribbons over the salad, and serve at room temperature. The beets will bleed and color the cheese, but that is part of the effect.

Thai Cabbage Salad

I love the crunch of this beautiful salad as well as its brilliant colors. The combination of sugar, citrus, and jalapeño pays homage to the elemental Thai trinity of sweet-sour-spicy. The salty crunch of peanuts is the crowning touch, but be sure to add them just at serving time so they don't get soggy.

Serves 4

- About 8 ounces red cabbage, thinly sliced (2 cups)
- 2 medium carrots, peeled and coarsely chopped (about 1½ cups)
- ½ cup coarsely grated seedless (English) cucumber (peeled or unpeeled)
- 3 tablespoons finely diced jalapeño pepper, with or without seeds (see box)
- 3 tablespoons chopped fresh mint or cilantro
- 3 tablespoons chopped fresh basil
- 2 tablespoons fresh lime juice
- 2 tablespoons canola oil
- 1 teaspoon minced peeled garlic
- 2 teaspoons fish sauce (see box)
- 2 teaspoons sugar
- ¼ teaspoon dried red pepper flakes, or to taste
- 1 cup salted dry-roasted peanuts (optional)

1. Place the cabbage, carrots, cucumber, jalapeño, mint, and basil in a large bowl and stir to combine.

2. Combine the lime juice, oil, garlic, fish sauce, sugar, and red pepper flakes in a small glass jar and seal the lid tightly. Shake the jar vigorously to combine. The vinaigrette can be refrigerated, covered, for up to 1 week.

3. Add three-quarters of the dressing to the cabbage mixture, and toss to combine. Taste, and add more dressing if needed. Just before serving, stir in the peanuts if using.

Jalapeño Heat

Judging the heat of jalapeño peppers by sight alone is a challenge. Every pepper, even those of the same size, has a different level of heat, depending on the amount of capsaicin it contains. (Capsaicin is a potent compound responsible for the fiery intensity of some chiles.) The only way to accurately gauge a pepper's nature is to sample a small piece. To lessen the kick, remove some or all of the white ribs and seeds, which is where the capsaicin is concentrated. The flesh of the pepper has only a fraction of the heat of its interior components.

Vietnamese Fish Sauce

Fish sauce is a defining element of Vietnamese cuisine. Its use as an ingredient or a condiment compares to salt in Western cooking or soy sauce in Chinese and Japanese cuisines. The best Vietnamese fish sauce, called *nuoc mam*, is a thin, amber-colored liquid derived from merely two ingredients: fish and salt. However, the simplicity of its composition belies its unique complexity of taste. To Western sensibilities, "fermented fish juice" sounds anything but appealing. Don't allow this to deter you, because fish sauce heightens the richness and intensity of a dish, unifying its diverse and complex flavors.

Traditional production techniques, although basic, are time-consuming. Small fresh fish, usually anchovies, are dried on trays in the sun until they begin to ferment. They are then packed between layers of salt in wooden vats or clay jugs. Left in a hot place for many months or more than a year, the fish slowly exudes its juice. This liquid is drained from the vat and constitutes the first extraction, which is the most prized (and very rarely available in the U.S.). To increase production yields, salted water is generally added back to the fish in the vat, and after a shorter fermentation period, the liquid is once again extracted. The fish sauce usually available in the U.S. is the diluted version, which is the accepted standard for everyday use in cooking.

Fish sauce is also used in other Asian countries, primarily in Thai cuisine. Thai fish sauce (*nam pla*) is the source of most brands sold in the United States. In general, Thai fish sauce has a stronger and saltier taste than its Vietnamese counterpart. If you substitute Thai fish sauce for Vietnamese *nuoc mam*, use less to avoid overwhelming the other flavors of your dish. Look for Vietnamese fish sauce in Asian markets, and once the jar is opened, store it in the refrigerator. If you are unable to find *nuoc mam*, look for the Thai-produced Vietnamese-style brand called Viet Huong's Three Crabs; it is a delicate, fragrant, and pleasant-tasting substitute.

Bulgur and Grilled Vegetable Salad



Bulgur wheat is a quick-cooking grain that works well in salads because it's light and fluffy but still has a tender, chewy texture. Here I've added an assortment of colorful grilled vegetables, crumbles of briny feta cheese, and a zesty red wine vinaigrette to the bulgur, which soaks up the flavors in a delicious way. It also makes a beautiful appetizer—simply top whole leaves of butter or romaine lettuce with about $\frac{1}{4}$ cup of the salad for each lettuce cup. The salad is meant to be served at room temperature, but I also like it served both cold and warm. It can be refrigerated, covered, for up to 5 days.

Serves 6 to 8

SALAD

- 2 cups bulgur wheat
- 3 cups cold water
- Salt
- 3 medium zucchini, trimmed and cut lengthwise into $\frac{1}{4}$ -inch-thick strips
- 1 large red onion, cut into $\frac{1}{4}$ -inch-thick rounds
- 2 [roasted red bell peppers](#), cut into $\frac{1}{2}$ -inch pieces, or 2 raw red bell peppers, stemmed, seeded, and cut into large pieces
- $\frac{1}{3}$ cup olive oil
- Freshly ground black pepper
- 5 ounces feta cheese, crumbled (about 1 cup)

DRESSING

- $\frac{1}{3}$ cup extra-virgin olive oil
- 2 tablespoons red wine vinegar
- $1\frac{1}{2}$ tablespoons fresh lemon juice
- 1 tablespoon dried oregano
- $\frac{1}{2}$ tablespoon minced peeled garlic
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground black pepper

TO SERVE

- Salt and freshly ground black pepper

1. Prepare the salad: Place the bulgur, cold water, and $1\frac{1}{2}$ teaspoons salt in a large saucepan, cover, and bring to a boil over high heat. Reduce the heat to medium-low and cook until the bulgur is tender, 12 to 15 minutes. Drain off any excess water and transfer the bulgur to a large bowl, stirring to fluff the grains.

2. *If you intend to grill the vegetables*, place the zucchini, onion, and raw bell peppers, if using, in a bowl and toss with the olive oil, $\frac{1}{2}$ teaspoon salt, and black pepper to taste. Grill over medium-high heat until the vegetables are tender, 3 to 8 minutes. (The zucchini will cook faster than the red peppers.) Set aside at room temperature.

If you are using a ridged grill pan or a cast-iron skillet for indoor cooking, heat the pan over medium-high heat. Add 2 tablespoons of the olive oil, and cook the zucchini until browned on one side, 2 to 3 minutes. Turn the strips over and cook on the other side until crisp-tender, another 1 or 2 minutes. Transfer the zucchini to a cutting board and let cool. Repeat with the raw red peppers, if using, and the onion rounds, cooking each vegetable separately until crisp-tender, 4 to 6 minutes each, adding 2 tablespoons of oil to the skillet for each vegetable.

3. When the vegetables are cool enough to handle, cut them into $\frac{1}{2}$ -inch dice. Add the vegetables to the bulgur. (If you are using roasted red peppers, add them as well.) Add the feta, and toss to combine the ingredients.

4. Prepare the dressing: Place all the ingredients in a glass jar and seal the lid tightly. Shake the jar vigorously to combine. The dressing can be

refrigerated, covered, for up to 1 month. Let it return to room temperature and then shake vigorously before using.

5. Add half of the dressing to the bulgur mixture, and toss to coat. Taste, and add more dressing if needed. Season the salad with salt and pepper to taste, and serve.

Autumn Salad with Persimmons and Pomegranate Seeds

Persimmons and pomegranates are lovely fruits. They're harvested in California from October into December. Fuyu persimmons—a nonastringent variety that's good for salads—are round, sweet, and crisp, like an apple, but they have a golden-orange color, both inside and out. They taste great with pomegranates, which are nature's jewel boxes. When you cut through the pomegranate's leathery skin, you'll find it filled with juicy, ruby-red seeds loosely held together by a papery white membrane. Bite into a seed and you get an explosion of sweet-tart juice that's full of heart-healthy antioxidants. Persimmons and pomegranates teamed with tender baby greens, crunchy hazelnuts, and chewy dates make this colorful salad a crisp-weather favorite.

Serves 4 as a side salad

- 2 Fuyu persimmons, peeled (see box)
- ½ pomegranate
- 4 ounces (5 to 6 cups) mixed baby greens or mâche, carefully rinsed and dried, if needed
- About ¼ cup Pomegranate Vinaigrette (recipe follows)
- 3 dried dates, each pitted and cut into 6 thin strips
- 2 tablespoons chopped hazelnuts, toasted (see [Toasting Nuts and Seeds](#))

1. Cut the persimmons in half through the stem end, then into very thin half-moon slices, about ⅛-inch thick. Arrange the slices so that they slightly overlap around the edge of 4 salad plates.
2. Scrape the seeds from the pomegranate and discard the leathery skin and white membranes. Set the seeds aside.
3. Just before you plan to serve the salad, place the baby greens in a large salad bowl. Add 3 tablespoons of the Pomegranate Vinaigrette. Toss to lightly coat the greens, then taste to see if more vinaigrette is needed.
4. Mound the greens on the salad plates so the persimmons show around the edge. Scatter some of the dates, hazelnuts, and pomegranate seeds over each salad. Serve immediately.

Pomegranate Vinaigrette

Pomegranate juice, with its ruby-red color and potent sweet-tart taste, makes a unique vinaigrette, perfect for a festive salad. Juicing fresh pomegranates is a messy task, so look for bottled juice in the refrigerated section of your grocery store.

Makes about 1 cup

- 1 cup pomegranate juice
- 2 teaspoons finely minced shallot
- 2 tablespoons Champagne vinegar or white wine vinegar
- 1 tablespoon fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 5 tablespoons good-quality roasted walnut oil
- Coarse (kosher) salt

1. Place the pomegranate juice in a small saucepan over medium-high heat and bring it to a boil. Cook until the juice has reduced to about ¼ cup, about 12 minutes. Let it cool to room temperature.
2. Transfer the pomegranate juice to a glass jar with a lid. Add the shallot, vinegar, lemon juice, olive oil, and walnut oil and seal the lid tightly. Shake the jar vigorously to combine. Season the vinaigrette with salt to taste. The vinaigrette can be refrigerated, covered, for up to 1 week. Let it return to room temperature before using.

About Persimmons

Persimmons, with their beautiful reddish-orange skin, are harvested during the fall and early winter. There are two basic types of persimmons, with very different uses.

- Hachiya persimmons, with a tapered heart shape, have a mouth-puckering astringency until they are very soft and ripe—then they are excellent for baking.
- Fuyu persimmons are not astringent at all and are delicious eaten raw. They have a squat applelike shape, with a similarly crisp texture that becomes somewhat softer as the persimmon ripens.

Delicious Food, Healthy Planet

Salads are just the beginning. In the mood for some Sweet Corn Chowder? How about a Spinach, Feta and Mushroom Quiche? Foggy Day Chili. Merlot-Braised Short Ribs with Cipollini Onions. Spicy Chicken Lettuce Wraps. Ginger Lime Salmon. Grilled Pork Tenderloin with Spiced Orange Sauce. Blue Cheese Smashed Potatoes. To finish, there's Coconut Lemongrass Sorbet. Cherry Panna Cotta. Farm Stand Carrot Cake.

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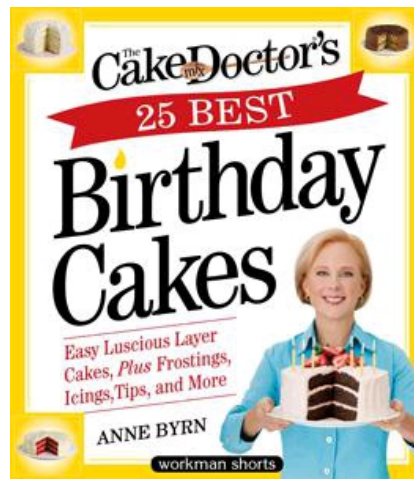


ABOUT THE AUTHOR: Myra Goodman, along with her husband Drew, founded Earthbound Farm on a 2½-acre backyard garden in 1984. In 1986, Earthbound Farm became the first company to successfully launch packaged salads for retail sale, and it is credited with popularizing spring mix salads nationwide, which is now the biggest segment of the packaged salad category. Today, Earthbound Farm is the largest grower of organic produce in North America, with 150 farmers growing organic produce on more than 35,000 acres. In 2010 alone, this will avoid the use of more than 11 million pounds of conventional agricultural chemicals. In addition to numerous corporate awards, Myra and Drew were honored with Global Green USA's Corporate Environmental Leadership Award in 2003; in 2008, they received the Organic Trade Association's Organic Leadership Award. Myra is also a regular contributor to *Bon Appetit* magazine.

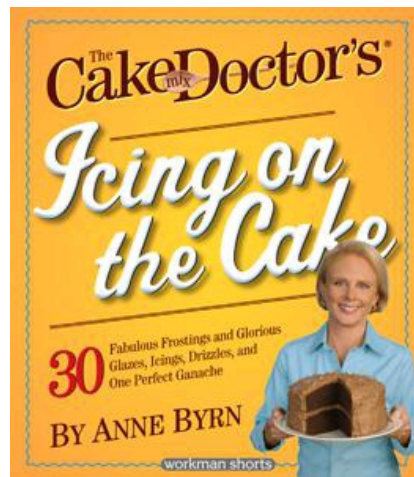
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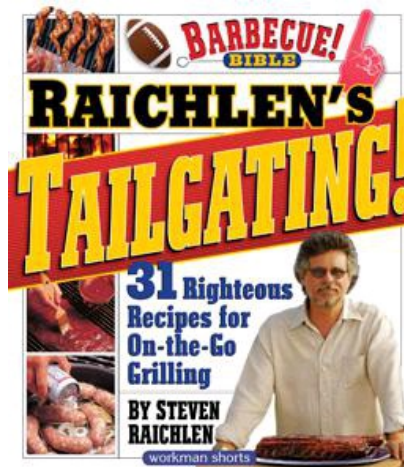
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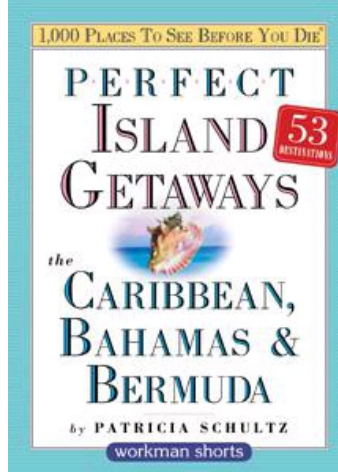
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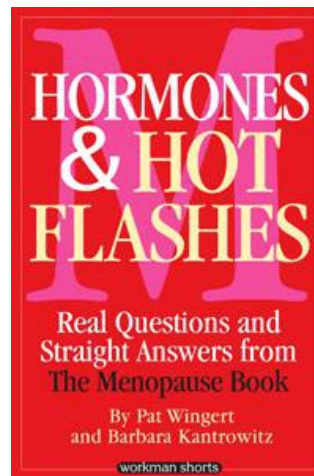
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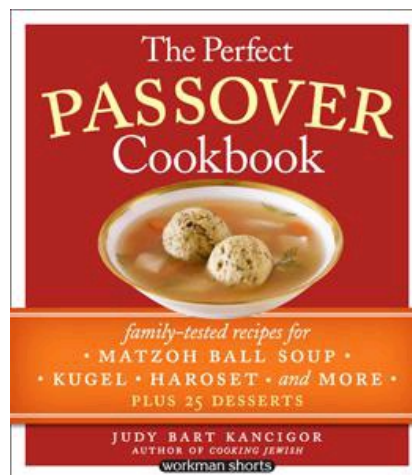
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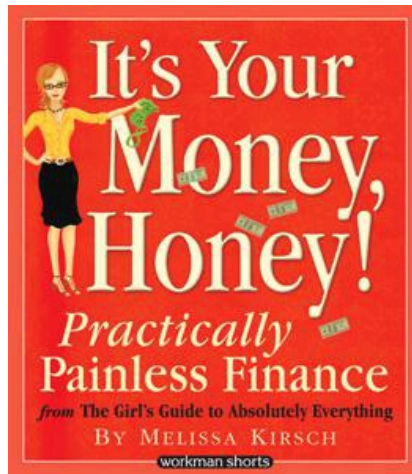
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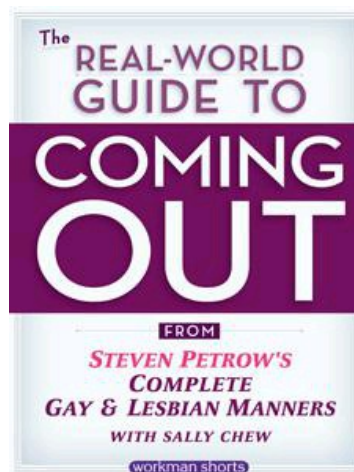
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