



***\*\*Please remind the children to harvest with two hands (one to hold the stem, one to remove the leaf) so that they do not uproot the plant.***

- Each student can use an ORANGE tray as a work surface
- Wash the veggies well (check for aphids and caterpillars!). Tear leaves into pieces and place in salad spinner.
- Separate flower petals and place into bowl with washed greens.
- Shred carrots and beets from store and place into bowl with washed greens.
- Make dressing
- Toss salad
- Serve in Dixie cups.

→ Ask children how the dressing which is sour/salty affects the flavor of the vegetables.

## **Garden Fresh Salad**

*Note: if you would prefer not to make the dressing, that is fine. However, this is probably the one chance children will have to taste the veggies with a sour/salty dressing and determine whether it makes a difference/improves the flavor. Surprisingly, the children I have taught this lesson to LOVED the dressing with the greens. One child ate 10 servings!!!*

### **Ingredients**

- Bowl of greens harvested from the garden
- Small container
- 2 Tbsp. vegetable oil
- 1-2 Tbsp. fresh lemon juice
- 1 small clove garlic, minced (use garlic press)
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/2 tsp. dry mustard
- Toothpicks or Dixie cups
- Cutting board, tongs, knife



### **Preparation**

1. Whisk all ingredients together in a small bowl *or* put them in a jar and shake to blend. Taste and adjust salt and pepper to taste. If the dressing is too zingy for you, feel free to add more oil to soften the flavor. A bit more salt will help temper the acid kick, too
2. Put the greens in the large bowl. Grate carrots and add the salad dressing to taste.
3. Fill a Dixie cup for each child.
4. When you're finished, please wash the utensils and bowls with soap and water and dry with a paper towel so that they are ready for the next class.



Radicchio



Dandelion

Treviso



Belgian Endive



Escarole



Frisée

# Families of Greens } Greens

- Chicory
- Lettuce
- Cabbage
- Beet
- Nasturtium



Freckles



Loose Leaf



Red Loose Leaf



Red Butter



Romaine



Lacinato Kale



Russian Kale



Curly Kale



Watercress



Spinach



Arugula



Red Chard



Beet Greens



Swiss Chard