



BUILDING BETTER SALADS

A skill any CSA member, local food enthusiast, or farmers' market customer needs to master is the art of the dinner salad. If you want to succeed at eating large amounts of produce throughout different seasons, being able to rock something simple like a salad is going to help you get there. And the formula is actually quite simple.

SEASONAL GREENS

Lettuce, kale, Asian greens, cabbage, the list goes on and on. Tender herbs count too. Grab one or a few to get started.



ADD SOME RAW OR COOKED VEG

Anything that looks good to you will work.



GRAB A DRESSING YOU LOVE

Bottled is absolutely fine. Yes, homemade vinaigrettes are tasty, but they're only necessary if you have the energy.



TOP IT WELL

This is the fun part. Take your salad to the next level with seeds, nuts, dried fruit, fresh fruit, croutons, and cheeses. The more crunch, the better.



PROTEIN

If you're looking to turn this salad into an entree or meal, a protein is going to ensure it fills you up. Eggs, chicken, salmon, beans, and crumbled tofu are all great options.

What does this look like seasonally?

We break down some key recipe components for spring, summer, and fall on the other Building Better Salad resource cards.





BUILDING BETTER SALAD DRESSINGS

If you're in the mood for a homemade salad dressing or vinaigrette, making your own isn't so difficult. The formula is fairly straightforward and you can even use it as a way to use up excess veggies and herbs from the farm.

1/2 CUP OLIVE OIL **+**

3

**TABLESPOONS
VINEGAR**

Balsamic and apple cider vinegars are the most common, but anything flavorful will do.



1

**TABLESPOON
MUSTARD**

Mustard is called an emulsifier. It helps the oil and vinegar come together. Dijon is the classic choice, but any mustard can work.



1

**TABLESPOON
HONEY OR
MAPLE SYRUP**

Technically this is optional, but a touch of sweetness added to dressings can really bring out the flavors.



2

**MINCED
GARLIC CLOVES**

Or some green garlic, minced shallots, chives, or other herbs that interest you.



**FINE
SEA SALT
&
FRESHLY
GROUND
BLACK
PEPPER**

BUILDING BETTER SPRING SALADS

Spring salads are all about focusing in on those tender, abundant leafy greens. These salads are simple, fresh and the perfect addition to any meal. Or, add a protein for a complete meal.

BABY
LETTUCE
MIX
+
SLICED RADISH
+
FETA
+
CREAMY
GREEN GARLIC
DRESSING

BOK CHOY
OR
NAPA CABBAGE
+
SHREDDED
KOHLRABI
OR RADISHES
+
SESAME SEEDS
+
SESAME
GINGER
DRESSING

TENDER
SPRING KALE
+
CRISPY
CHICKPEAS
+
PARMESAN OR
NUTRITIONAL
YEAST
+
LEMON &
OLIVE OIL
DRESSING

BUTTERHEAD
LETTUCE
+
SCALLION OR
RED ONION
+
AVOCADO
+
DIJON
VINAIGRETTE

SPINACH
+
STRAWBERRIES
OR APPLES
+
SUNFLOWER
SEEDS
+
SUNSHINE
SALAD
DRESSING



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Our favorite spring salad dressings

CREAMY GREEN GARLIC DRESSING

Recipe by: Willy St Co-op

- 1/2 cup mayonnaise
- 1/2 cup plain Greek yogurt
- 1 teaspoon Dijon mustard
- 1 Tablespoon lemon juice
- 2 Tablespoons white wine vinegar
- 1/4 cup chopped green garlic
- 2 Tablespoon chopped parsley
- 1/2 cup olive oil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Combine the mayonnaise, Greek yogurt, Dijon mustard, lemon juice, white wine vinegar, green garlic, and parsley in the bowl of a food processor fitted with a steel blade. Process until smooth. With the motor running, slowly drizzle in the olive oil. Continue to process until well-combined. Season with salt and pepper.

SESAME GINGER DRESSING

Recipe by: Love & Lemons

- 3 tablespoons smooth tahini
- 2 tablespoons toasted sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon tamari
- 1 heaping teaspoon grated ginger
- 1 teaspoon maple syrup or honey
- 1 to 3 tablespoons water



1. In a small bowl, whisk together the tahini, sesame oil, vinegar, tamari, ginger, maple syrup, and 1 tablespoon water until smooth.
2. If the dressing is too thick, add an additional 1 to 2 tablespoons water until it's a drizzleable consistency.

SUNSHINE SALAD DRESSING

Recipe by: Cookie & Kate

- 1/2 cup plain Greek yogurt
- 1/4 cup extra-virgin olive oil
- 1/4 cup Dijon mustard
- 3- 4 tablespoons honey, to taste
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar
- 1 clove garlic, pressed or minced
- 1/2 teaspoon fine sea salt
- 10 twists of freshly ground black pepper

1. In a 2-cup liquid measuring cup or bowl, combine all of the ingredients as listed. Whisk until blended. Taste, and season with additional pepper if necessary.
2. This dressing is intentionally bold, but if it tastes too tart for your liking, whisk in another tablespoon of honey.
3. Store leftover salad dressing in the refrigerator, covered, for 10 to 14 days.



BUILDING BETTER SUMMER SALADS

The greens are still here (especially crisp summer lettuces and lots of hearty cabbages), but summer salads allow you to think a little more creativity about what you consider the base of your salad. Hint: it can be something other than fresh greens (think tomatoes, zucchini, or even a grilled romaine).

HEAD/LEAF
LETTUCE
+
CUCUMBERS
+
AVOCADO
+
HERB GREEN
GODDESS
DRESSING

CABBAGE
+
GRATED
CARROTS
+
JULIENNED
ZUCCHINI OR
RADISH
+
GREEK
YOGURT
COLESLAW
DRESSING

TOMATOES
+
CUCUMBERS
+
FETA
+
ONIONS
+
OLIVES
+
RED WINE
VINAIGRETTE

ZUCCHINI
RIBBONS
+
CARROT
RIBBONS
+
CHERRY
TOMATOES
+
PESTO
DRESSING

GRILLED
LETTUCE
+
GRILLED
SCALLIONS
+
PARMESAN
CHEESE
+
CROUTONS
+
SUMMER
CAESAR
DRESSING

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Our favorite summer salad dressings

HERB GREEN GODDESS DRESSING

Recipe by: Love & Lemons

1 cup whole milk Greek yogurt
1 cup parsley
1 cup mixed soft leafy herbs, dill, mint, tarragon and/or cilantro
2 tablespoon chopped chives
2 tablespoons lemon juice
½ teaspoon zest
1 tablespoon extra-virgin olive oil
2 teaspoons capers
1 garlic clove
¼ teaspoon sea salt
Freshly ground black pepper

1. In a food processor, combine the yogurt, parsley, mixed herbs, chives, lemon juice, zest, olive oil, capers, garlic, salt, and pepper. Pulse until well combined. Season to taste.
2. Serve as a dip or toss with salad greens. Store in an airtight container in the fridge for up to 5 days.

GREEK YOGURT COLESLAW DRESSING

Recipe by: Simply Scratch

1/2 cup plain nonfat Greek yogurt
1/4 cup mayonnaise
1½ tablespoons honey
2 tablespoon lemon juice, freshly squeezed, or more to taste
1 tablespoon white vinegar
1/2 teaspoon dry mustard
1/2 teaspoon kosher salt
1/4 teaspoon black pepper, freshly ground
1/4 teaspoon celery seed, optional

1. In a glass jar or container with a tight fitting lid, combine the greek yogurt, mayo, honey, lemon juice, vinegar, dry mustard, salt and pepper and celery seed -if using.
2. Secure the lid and shake well to combine. Making sure the honey is mixed well throughout.
3. Refrigerate until ready to serve.

Keep refrigerated. Can be made 2 to 3 days in advance.

PESTO DRESSING

Recipe by: Food & Wine

1 cup packed basil leaves, coarsely chopped
¼ cup extra-virgin olive oil
1 ½ tablespoons Champagne vinegar
Pinch of crushed red pepper
Salt and freshly ground black pepper

In a food processor, pulse the garlic until chopped. Add the basil and pulse until finely chopped. Add the oil, vinegar and crushed red pepper and process until smooth. Season with salt and pepper.





BUILDING BETTER FALL & WINTER SALADS

Once you get a knack for them, you'll discover that there is no better cool season treat than a pile of seasonal greens topped with shredded root vegetables (or a salad built entirely out of them).

SPINACH
+
BLUE CHEESE
+
APPLES
+
RED ONION
+
WALNUTS
+
MAPLE
BALSAMIC
VINAIGRETTE

KALE
+
DRIED CHERRIES
OR
CRANBERRIES
+
SHREDDED
RADISH OR
TURNIP
+
HONEY &
LEMON JUICE
DRESSING

RADICCHIO
+
ORANGES
+
TOASTED
HAZELNUTS
+
FETA OR OTHER
HARD GOAT
CHEESE
+
CITRUS
VINAIGRETTE

LETTUCE
+
SHREDDED
DAIKON OR
WINTER
RADISH
+
CROUTONS
+
HONEY
GARLIC
VINAIGRETTE

SHREDDED
CARROTS
+
SHREDDED BEETS
+
SHREDDED
CELERIAC
+
SUNFLOWER
SEEDS
+
GREEK YOGURT
COLESLAW
DRESSING



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Our favorite fall & winter salad dressings

HONEY & LEMON JUICE DRESSING

Recipe by: Jamie Oliver

6 tablespoons extra virgin olive oil
3 tablespoons lemon juice
1 tablespoon good honey
Sea salt
Freshly ground black pepper

Mix everything together in a bowl and season to taste.

MAPLE BALSAMIC VINAIGRETTE

Recipe by: Plays Well with Butter

$\frac{2}{3}$ cup extra virgin olive oil
 $\frac{1}{3}$ cup good-quality aged balsamic vinegar
2 tablespoons pure maple syrup
1 clove garlic, smashed
 $\frac{1}{2}$ teaspoon Kosher salt
 $\frac{1}{2}$ teaspoon ground black pepper
1 teaspoon fresh thyme, finely chopped
1 teaspoon fresh rosemary, finely chopped

Add the olive oil, balsamic vinegar, maple syrup, garlic, Kosher salt and ground black pepper to a high-speed blender or food processor. Blend until the vinaigrette is emulsified & creamy. Transfer to a jar or airtight container, then add in the fresh herbs. Shake or stir to combine. Store in the refrigerator for up to 1 week.

HONEY GARLIC VINAIGRETTE

Recipe by: All Recipes

1 cup vegetable oil
 $\frac{1}{3}$ cup apple cider vinegar
3 tablespoons honey
2 cloves garlic, minced

In a container, combine oil, vinegar, honey, and garlic. Cover, and shake until blended. Set aside for 45 minutes, to allow flavors to combine. Shake again before serving.

CITRUS VINAIGRETTE

Recipe by: Food & Wine

$\frac{1}{2}$ teaspoon finely grated orange zest
6 tablespoons orange juice
2 tablespoons white balsamic vinegar
 $\frac{1}{2}$ cup extra-virgin olive oil
Kosher salt
Pepper

In a small bowl, combine the orange zest, orange juice and vinegar. Whisk in the oil and season with salt and pepper.

Keep refrigerated. Can be made 2 to 3 days in advance.