



## Salad Harvest Party

### **Materials needed:**

- 1. Bags**—you need to bring 3-4 bags or baskets to the garden to hold your harvest. Paper grocery bags work great.
- 2. Cooking Supplies**—Suggested supplies for salad preparation.
  - a. Three plastic tubs for separating harvested veggies and for rinsing them, as well as for doing dishes
  - b. Salad and serving bowls, tongs and spoons
  - c. Mesh bag for “spinning” lettuce and/or colander for rinsing other veggies
  - d. Lots of cutting boards for chopping veggies
  - e. 4 Vegetable peelers
  - f. Plastic knives for kids to use for cutting soft veggies like onions or swiss chard. Adults should use sharp knives for carrots and radishes.
- 3. Plates and Forks**—have them donated or purchase with class funds
- 4. Dressing**—You may make your own vinaigrette as part of the cooking project or have parents donate dressings.

### **Volunteers needed:**

We suggest you have 2-3 parents available to run the harvest party, including overseeing the harvest, preparing the salad or overseeing student groups who are preparing the salad, and serving the salad and clean-up.

### **Activities:**

- 1. Harvest.** Send students in small groups of 5-10 to harvest. Two small groups can operate in the garden at a time. Each group should have a plastic tub in which to collect their harvest. Students harvesting lettuce, spinach, chard, edible flowers and peas will need to bring their scissors. Leaf lettuces may be selectively harvested by just gently tearing or cutting off outside leaves. Internal leaves will continue to grow and another harvest can be done in several weeks. Adults in the garden will direct the groups to the various vegetables and oversee proper harvest.
- 2. Salad Preparation.** There are five basic jobs for the harvest party—students groups may be assigned to each job or parent volunteers can simply prepare the salad for them.
  - a. Rinse and pat dry lettuce, spinach, chard, edible flowers, etc.
  - b. Tear up leaf vegetables into bite-sized pieces.
  - c. Rinse, peel and slice carrots.
  - d. Rinse and slice radishes and onions.
  - e. Make GrowingGreat Salad Dressing (see the dressing recipe in the Farmers Market Section).
- 3. Clean-up.**

HAPPY MUNCHING AND HAVE FUN!!

# GrowingGreat's Farmers Market Salad Dressing

**½ cup Extra Virgin Olive Oil**

**Juice from 1 small lemon\***

**2 large cloves of garlic, minced**

**1 Tablespoon dijon mustard**

**½ Teaspoon sea salt**

**2 Tablespoons fresh herbs from school garden, rinsed and minced**

(best if you combine two—rosemary, marjoram, thyme, oregano, dill, basil all work well in combinations)

**1 8-ounce canning jar, cleaned and dried**

**Additional supplies**—1-cup measuring cup, measuring spoons, juicer or juice squeezer, cutting board, knives

**Label**—Print labels with the name of your school or garden!



This dressing is easily prepared in an assembly line with students. Have adults pre-chop the garlic and herbs (or responsible older students such as fifth grade can do this with adult supervision). Assign each student one ingredient to measure and add to each jar. Line up jars and have students work down the line measuring and adding their assigned ingredient into each jar.

Place lid on jar and tighten. Shake to mix.

Keep refrigerated until day of sale and hold in cooler at sale site.

*\* Many people have prolific lemon trees in their yards. Send out an email and see if you can get the lemons donated!*

