

## Garden Salads from Fresh Greens

**Ingredients:** makes salad for 2

- 4 cups greens (any assortment)
- ½ cup finely chopped celery
- ½ cup grape tomatoes (cut in half)
- ½ cup celery root cut with a spiral cutter
- Any other veggies you want to add chopped finely

Put all the veggies and greens into a large salad bowl and mix with your favorite dressing. Here we have used a lime dressing

**Lime Dressing:** makes 1 cup

Put the following into your blender on high until creamy

- 3 limes juiced
- ½ cup olive oil
- 1 clove garlic (minced)
- 2 thin slices of ginger root



**Judy's Tower Garden:** We

have used the green I have picked from my Tower Garden. After sprouting my seeds for two weeks in a sunny window I placed the sprouts into the Tower Garden then let them grow using the watering system that comes with the tower. It does it all by itself all you have to do is watch the greens grow.

After 3 weeks of growing my greens were ready to pick and for the last 3 weeks I have picked enough green to have fresh salad 3-4 times a week. The pictures below show the greens, basil, arugula and at the bottom green beans. The basil took 5 weeks from the time I planted them and the green beans have just started flowering after 4 weeks. I should have enough greens for many more weeks before I will start the whole process over again. Watch for an update



## More Mixed Greens and Basil Dressing in a Jar

Taking a Salad to work or school is always a challenge so I have started putting all my greens and veggies in a Mason Jar and carrying them in a cooler bad then I can keep the salad easily in the fridge with the dressing in its own sealed plastic container ready to toss with my greens.

### Ingredients for a large litre jar:

- 2 cups of greens chopped
- 1 tomato diced
- 1/4 cup finely sliced celery
- ¼ cup thinly sliced zucchini
- 2-3 tbsp finely diced sweet white onion
- ¼ cup diced bell peppers
- ¼ cup grated carrot

**Step 1:** cut or chop all your greens and veggies

**Step 2:** layer each item until the jar is full then seal with the lid

**Step 3:** make your dressing (see new recipe below)

**Step 4:** keep the salad and dressing in the fridge until you are ready to leave

**Step 5:** put the jar of salad and the dressing container into a cooler bad with freezer packs

**Step 6:** add your salad dressing to the jar – put the lid back on and shake the bottle to toss – then enjoy it right out of the jar!

**Basil Dill Dressing:** makes 1 cup

Put the following into your blender on high until creamy

- 2 lemons juiced
- ½ cup olive oil
- 1 clove garlic (minced)
- 2 tbs dried dill or 1 handful fresh dill
- 4-6 fresh basil leaves (from my Tower Garden)

This keeps well for 4-6 days in the fridge.

