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Forager's Salad

Makes 4-6 servings

Note-you should gather ingredients to prepare a salad that will create the number of servings you desire. The amount of dressing prepared is enough to store for many servings.

Ingredients-have your ingredients prepared in advance as suggested in the ingredient list.

¼ balsamic vinegar or [chive flower balsamic vinegar](#)

¾ cup olive oil

1 tablespoon Dijon mustard

6-8 ounces foraged greens and edible flowers (see below for foraged greens and farmstand or grocery store options)

Fresh chive or scallion

2 sprigs dill

2 sprigs mint

Kosher salt and freshly ground pepper

Foraged greens, edible flowers, and herbs

The list below are foraged greens that I have on my property, your list may be different. The list will also differ on when in the season you are foraging. For a more complete list of greens to forage, go here:

<https://www.growforagecookferment.com/forage/>

- Creeping Jenny, dandelion, chickweed (leaves and flowers), violets (leaves and flowers), clover, purple nettle, plantain, garlic grass, purslane, common mallow (leaves and flowers), evening primrose (leaves and flowers), garlic mustard
- dill, parsley, mint, chive, scallion

Farmstand or grocery store greens and herbs:

Baby arugula, baby spinach, red cabbage, pea shoots, sprouts, watercress, tender lettuce

Dill, parsley, mint, chive, scallion, cilantro

Equipment for class

Cutting board

Chef's knife, sharpened

12-16 ounce glass jar with lid

Tongs

Bowl to mix salad in



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6-8 ounces foraged greens and edible flowers (see below for foraged greens and farmstand or grocery store options)

2- 4 tablespoons fresh chive or scallion, chopped

2 sprigs dill, chopped

2 sprigs mint, chopped

¼ balsamic vinegar or [chive flower balsamic vinegar](#)

¾ cup olive oil

1 tablespoon Dijon mustard

Kosher salt and freshly ground pepper

1. In a large bowl, combine the foraged greens, edible flowers, and chopped herbs.
2. Combine the vinegar, olive oil, and Dijon mustard in a lidded jar. Shake well to combine. The dressing can be refrigerated or kept on the counter for several weeks.
3. Toss the salad with the enough vinaigrette to lightly coat the salad. Season with salt and pepper. Serve immediately.
Divide salad among individual plates and serve immediately.

Foraged greens, edible flowers, and herbs

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