

Notes on Lettuce

On a hot summer day the last thing you want to do is turn on the stove. A great way to create an easy meal and celebrate summer is to make a salad. At your local farmers' market, you will find fresh heads of lettuce, ranging from the sturdy leaves of romaine to the delicate leaves of red leaf lettuce. Lettuce is easy to use as it is to prepare. Simple chop off the end, wash the leaves and use in your favorite sandwich, salad, or wrap.



Simple Ideas for Lettuce

- Lettuce is a great vegetable to introduce to children. Have your children help you wash the leaves and encourage them to put it on their sandwich or burger.
- Green party bites are fun and easy appetizers. Lay a lettuce leaf on a plate, place slices of turkey or ham on top and spread a layer of your favorite dressing, spread, or cream cheese. Roll the lettuce leaf and secure with three toothpicks. Slice the lettuce roll in thirds and serve.
- Making a big bowl of salad will give you an excuse to try new dressings such as lime cilantro vinaigrette or fresh leaf lettuce dressing.

Lime Cilantro Vinaigrette

Recipe by: Janice Guldán, Guldán Family Farm

- ¼ cup Lime Juice
- 1/8 cup White Wine Vinegar
- ½ cup Cilantro leaves
- 1 tbsp Honey
- 1 tbsp Brown sugar
- ¼ tsp Salt
- ¼ tsp Garlic powder
- 2 ½ tsp Dijon mustard
- ¾ cup Olive oil

- Place lime juice, vinegar, cilantro, honey, brown sugar, salt, garlic and mustard into a blender. Process till smooth. While blender is running, add olive oil in a slow steady stream and process until thickened. Do not over blend. Enjoy drizzled over a lettuce salad. Keeps well for about 5 days.

Fresh Leaf Lettuce Dressing

Recipe by: Bertha Kleinschmidt, Country Gardens

- ½ cup Sugar
- 1 tsp Vinegar
- ½ pint Heavy Cream
- Salt
- Pepper

- Mix first 3 ingredients in a shallow, wide bowl. Add salt and pepper (Hint, use white pepper so it will not show). Dip lettuce in, lift, drain and serve. Add a little 1 % milk if too thick.