

# LETTUCE & GREENS

Despite the heat, greens are still aplenty, so we're grabbing them quick before many bolt and turn bitter. What can you do with all those greens? Don't underestimate the beauty and flavor of a summer salad. Make it a meal in four easy steps.

1. Harvest the freshest greens: lettuce, spinach, beet greens and kale.
2. Supplement with seasonal produce: peas, broccoli, garlic scapes, radishes, strawberries and blueberries.
3. Add protein and whole grains.
4. Mix a quick dressing and you're done!

## BERRY SUMMER SALAD

Start with a base of greens and seasonal produce from the garden. Add fresh berries—strawberries are in season—and top with toasted walnuts and your favorite cheese. Goat cheese or mozzarella work especially well.

For a heartier meal, add more protein with last night's chicken or a scoop of creamy rinsed cannellini beans.

Create an easy dressing by mixing 1 part balsamic vinaigrette with 3 parts olive oil. Salt and pepper to taste.

## LEMONY CHICKPEA SALAD

Begin with a base of fresh salad greens. In a medium bowl, mix a can of rinsed chickpeas, 1/2 cup of cooked quinoa (or other whole grain like brown rice), 1/4 cup chopped almonds, 2 thinly sliced scallions and 1/2 cup sliced cherry tomatoes.

Dress with homemade lemon dressing: 1 part fresh lemon juice, 3 parts olive oil, salt and pepper to taste.

\* Try adding honey and/or mustard to the dressing for a more versatile topper that pairs well with chicken and fruit.

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### QUICK EATS

Looking to cut carbs? Use crisp lettuce leaves in place of wraps, pitas or corn chips with dips and sandwich fillings.

### MORE ON LETTUCE & GREENS

[High Mowing Organic Seeds: Non-GMO Salad Mixes](#)

[Fedco Seeds: Lettuce](#)