



Seasonal Harvest Salad

BIG IDEAS:

Today, you will **EXPLORE** the importance of harvesting and eating **SEASONAL** foods and use in-season crops to make a seasonal harvest salad.

YOU WILL NEED:

- Seasonal Harvest Salad ingredients
- Culinary tools:
 - Knife
 - Cutting board
 - Mixing bowls (1 large, 1 small)
 - Whisk
- Serving Utensils
 - Plate, fork
- Taste- Test: Seasonal Harvest Salad that you make in today's lesson!



Seasonal Harvest Salad

This salad gives us the opportunity to harvest in-season crops and turn them into a salad!



Ingredients	Directions
Serves 3-4	 Wash lettuce, radishes, and carrots.
1 head lettuce	 Chop lettuce. Slice radishes, turnips and carrots. Add all produce to a bowl.
3-4 radishes and/or turnips	 Whisk oil, vinegar, salt, and pepper together, pour over salad and toss.
1-2 carrots	 Enjoy!
2 tbsp olive oil	
2 tbsp your choice of vinegar	
salt and pepper to taste	

Feel free to add any other seasonal produce, including veggies, fruits and herbs, to add even more color, flavor and texture to your salad!

GROW MINDS, CULTIVATE COMMUNITY



WHAT TO DO:

1. **REVIEW:** The [Green Heart Rules of Respect](#).
2. **WATCH:** [Eating & Harvesting Seasonal Produce](#)
3. **REVIEW:** [GrowFood Carolina Crop Calendar](#)

 GrowFood CAROLINA		<h1 style="margin: 0;">2020 ANNUAL CROP CALENDAR</h1>			
		843.727.0091 orders@growfoodcarolina.com			
JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Blackberries Butter Beans Snap Beans Blueberries Eggplant Figs Leeks Melons Chanterelle Mushrooms Nectarines Okra Peaches Peanuts Pears Peppers Fingerling Potatoes Sweet Potatoes Hard Squash Tomatillos Tomatoes	Butter Beans Cucumbers Figs Leeks Muscadines Chanterelle Mushrooms Okra Peanuts Peaches Pears Peppers Sweet Potato Hard Squash Tomatillos Tomatoes	Butter Beans Cucumbers Muscadines Mizuna Tatsoi Leeks Melons Chanterelle Mushrooms Okra Pears Peppers Persimmon Pomegranate Sweet Potatoes Radish Hard Squash Baby Summer Squash Squash + Zucchini Tomatillos Tomatoes	Apples Italian Flat/Roma Beans Yellow Wax Beans Chestnuts Corn Cucumbers Edamame Eggplant Ginger + Turmeric Leeks Muscadines Arugula Collards Kale Mustard Greens Okra Pears Peppers Persimmon Sweet Potato Pumpkin Radish Hard Squash Baby Summer Squash Squash + Zucchini Tomatoes	Apples Beets Bok Choy Broccoli Carrots Chestnuts Citrus Eggplant Arugula Swiss Chard Collards Fennel Ginger + Turmeric Green Garlic Green Onion Leeks Kale Mustard Greens Pears Persimmon Peppers Sweet Potatoes Radish Hard Squash Baby Summer Squash Sunchokes Squash + Zucchini Tomatoes	Apples Beets Bok Choy Broccoli Cabbage Carrots Citrus Cauliflower Arugula Swiss Chard Collards Cucumber Fennel Ginger + Turmeric Green Onion Leeks Kale Mustard Greens Tatsoi Kohlrabi Persimmon Potato + Sweet Potato Radish Radicchio Rutabaga Hard Squash Sunchokes Tomatoes Turnips

4. **ANSWER:** the following **questions** in your journal, or discuss with someone:
 - 1) What are two benefits of eating produce when it's in season?
 - 2) What are some crops that are in season right now?
5. **WATCH:** [Cooking in the Kitchen Video](#) to review kitchen and knife safety before you start cooking!



6. **GATHER:** the ingredients and culinary materials that you will need for today's recipe. In our Green Heart gardens, we have **radishes**, **turnips**, **carrots** and **lettuce** growing which is why we use them in this recipe. If you have other fresh, seasonal vegetables, fruits or herbs at home, feel free to add them!

7. **PREPARE & MAKE:** [Seasonal Harvest Salad](#) by following the recipe.

8. **REVIEW:** What parts of the plant are you using in your salad?

- Can you layer your salad from the ground up? (ex: start with root vegetables, end with flowers, fruit or seeds)

THE GREEN HEART PROJECT **Seasonal Harvest Salad**

This salad gives us the opportunity to harvest in-season crops and turn them into a salad!

Ingredients

Serves 3-4

1 head	lettuce
3-4	radishes and/or turnips
1-2	carrots
2 tbsp	olive oil
2 tbsp	your choice of vinegar
	salt and pepper to taste

Directions

- Wash lettuce, radishes, and carrots.
- Chop lettuce. Slice radishes, turnips and carrots. Add all produce to a bowl.
- Whisk oil, vinegar, salt, and pepper together, pour over salad and toss.
- Enjoy!

Feel free to add any other seasonal produce, including veggies, fruits and herbs, to add even more color, flavor and texture to your salad!

9. **TASTE-TEST:** Try your salad in 3..2..1.. Taste test! Now give it a Green Heart rating.

- **WATCH:** [How to Do a Green Heart Taste- Test.](#)

10. **CLEAN-UP:** Respect your work space by putting your supplies back and cleaning up your space!

For Educator Notes and tips to “dig deeper,” see [here](#).