

# **Carrboro Farmers' Market**

Locally Grown  Nationally Known

May 8, 2004

Recipe of the Week  featuring **Strawberries**

from **Sheri Castle** of **Creative Cooking with Sheri Castle**

## **Spring Salad with Strawberry Vinaigrette**

This colorful and refreshing salad is a lovely way to showcase fresh strawberry flavor in something other than dessert. You can omit the cheese or substitute other varieties, such as slices of Brie or crumbled chevre. Use pecans or slivered almonds in place of the walnuts, if you prefer. This salad is great topped with chunks of leftover grilled chicken or smoked turkey.

1 pound fresh strawberries, divided  
8 cups of fresh baby salad greens  
1/3 cup fruity extra-virgin olive oil or grapeseed oil  
3 tablespoons balsamic vinegar  
1 tablespoon sugar  
5 ounces (about 1 cup) crumbled feta cheese  
1/2 cup walnuts, toasted

Wash and dry the strawberries and remove the caps. Cut the berries in half and set aside.

Mash enough strawberries to measure 1/3 cup and place them in a small bowl. Add the oil, vinegar and sugar and whisk to blend.

Wash and dry the greens and place them in a large bowl. Drizzle half of the vinaigrette over the greens and toss with tongs to coat. Scatter the remaining strawberries, cheese and walnuts over the greens and drizzle the remaining vinaigrette over the salad. Serve immediately.

Makes 6 servings.

(over)

## **Chapel Hill Carrboro Farmers' Markets**

**Carrboro Farmers' Market  Saturdays  March 20 – December 19**

**Carrboro Farmers' Market  Wednesdays  April 14 – October 20**

**Southern Village Farmers' Market  Thursdays  May 6 – Late September**

Don't be afraid to experiment!  
Create your own recipe using this helpful list ~

From **Culinary Artistry** by Andrew Dornenburg & Karen Page

Strawberries are complemented by

almonds  
apricots  
bananas  
basil  
brown sugar  
caramel  
Cassis  
Champagne  
cinnamon  
clotted cream  
coconut  
Cognac  
Cointreau  
cream  
cream cheese  
crème fraiche  
Curacao  
currant, black

figs  
Grand Marnier  
grapefruits  
guavas  
Kirsch  
kiwi fruit  
lemon  
lime  
maple syrup  
mascarpone  
nuts  
oranges  
passion fruit  
peaches  
pepper, black or pink  
pineapple  
port  
raspberries

rhubarb  
sambuca  
sherry  
sour cream  
sugar  
vanilla  
vinegar, balsamic  
Violets  
wine, especially red  
(Beaujolais & claret)  
yogurt  
zabaione

**Next Week!**

*Annual Spring Event*

*Strawberry Tasting*

*8:30 until the berries run out*

*Fresh Strawberries Served with  
Fresh Baked Pound Cake*

**[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)**