



Carrboro & Southern Village

FARMERS' MARKET

locally grown • nationally known

Recipe of the Week featuring **Strawberries & Salad Greens**
May 7, 2005

Fresh Greens with Strawberry Vinaigrette
From Sheri Castle of Creative Cooking with Sheri Castle

This salad is spring in a bowl. The flavorful vinaigrette captures the sweetness and intensity of perfectly ripe spring berries, which is only enhanced by the fruity vinegar. Although any salad greens will do, I like to use the more sturdy and crunchy ones instead of tiny leaves. Please use neutral oil instead of olive oil because you don't want to mask the berries. Any soft cheese, such as Chapel Hill Creamery's Carolina Moon or Celebrity Dairy's plain chèvre, works well and adds a savory note against the sweet berries. This salad is very popular with any meal, but is particularly nice with brunch. Most children love this vinaigrette!

Strawberry Vinaigrette

1 pint fresh strawberries, washed and trimmed
1/2 cup raspberry vinegar or Balsamic vinegar
1/4 teaspoon Dijon mustard
1/4 cup honey
1/4 to 3/4 cup grapeseed oil or vegetable oil
Black pepper

Purée the berries, vinegar, Dijon and honey in a blender. Drizzle in the oil. Season with pepper to taste.

Makes about 1 cup.

Make-ahead note: You can make this vinaigrette up to 2 days ahead. Store covered and refrigerated. Return to room temperature before serving.

Salad

8 cups fresh salad greens, washed and thoroughly dried
3/4 cup toasted walnuts, pecans or almonds
4 ounces soft cheese

Arrange the greens in a serving bowl. Dress the greens with the vinaigrette. Scatter the nuts and bits of cheese over the salad. Serve immediately.

Makes 6 to 8 servings.

(continued on back)

**Our Annual Strawberry Tasting is next
Saturday May 14, 2005 starting at 8:30 AM
until the berries run out**

Look for strawberries donated by the following vendors:

**Brooks Farm
Elysian Fields Farm
Flat River Nursery
Maple Spring Gardens
McAdams Farm
Sunset Farm
Wild Hare Farm**

And poundcakes to go with the strawberries donated by:

**Nu Horizons Farm
Louise Parrish
Frances Pendergrass**

Carrboro Farmers' Markets on the Town Commons · Sat. 7 AM – 12 PM & Wed. 3:30 – 6:30 PM

Southern Village Farmers' Market on the Village Green · Thur. 3:30 – 7 PM

www.carrborofarmersmarket.com

www.southernvillagefarmersmarket.com

919.932.1641