



Fresh Foraged Green & Herb Salad

Honey Dressing:

2 Tablespoons olive oil
2 Tablespoons apple cider vinegar
1/2 teaspoon salt or to taste
1/8 teaspoon ground black pepper or to taste
1 Tablespoon honey

2 or 3 cups torn mixed greens see list"
1/8 to 1/4 cup mixed herbs see list*
1 small sweet red pepper, seeded, chopped
1 to 2 watermelon or rainbow radishes, halved, sliced
1 small cucumber, thin sliced
1/3 cup dried cranberries
1/4 cup sunflower seeds kernels
1/3 cup husked or shelled pumpkin seeds or pepitas

In a small bowl, combine dressing ingredients; set aside.

***Greens:** Pick 3 different kinds from this list:
spinach, sorrel, arugula, sliced thin red cabbage, young dandelions,
romaine, tumbleweed, amaranth, oak leaf lettuce, radicchio, beet leaves,
chervil, frisee.

***Fresh Herbs and Onions:** Pick at least 4 of these from this list:
fresh chives, green onions, shallots, oregano, basil, mint, cilantro, parsley.

Use a large salad bowl. Combine greens and herbs. Toss in red peppers,
radishes, cucumbers, cranberries, sunflower seeds, pumpkin seeds.

Drizzle salad with Honey Dressing; Serves: 4 to 6

Recipes Inspired by: Kokopelli's Authentic Recipes of the Southwest;
James & Carol Cunkle

In Pueblo mythologies, the dragonflies are a water symbol and bring rains
in times of drought. In the high desert, dragonflies are regarded as the
guardians of the springs.

Greens grow wild and can be easily gathered by those who know what to
put in their baskets. Purslane, tumbleweed, dandelions, spinach, mustard,
greens, amaranth and many more delicious leafy plants can be found in the
Southwest. The early Priests reported that the Pueblo Indians were
especially fond of amaranth patches.

Cook's Note We used torn dandelion greens, baby spinach, and torn beet
leaves as our greens and green onions, chives, basil, mint, and cilantro for
our salad. I guess we cheated a bit and used a salad spinner to wash our
greens. What an adventurous time we had!

About this Recipe: Have fun with the kids! Let them forage in the garden
and help design the salad. Try to include Native American ingredients and
enjoy their love of nature. The dressing adds a light sweet touch of flavor to
blend all the greens and herbs into a refreshing salad.