



Highlighting - **Spinach**

Spinach Salad with Warm Beet Vinaigrette and Shaved Watermelon Radishes *Popeye's favorite fresh-from-the-Farm spinach pops with cruciferous rich radishes*

Ingredients:

1/2 lb The Chef's Garden Spinach
4 fl. oz Fermented Beet Vinaigrette from Cleveland Kitchen
2 Watermelon Radishes
Egyptian Star Flowers
Salt

Directions:

- Begin by gathering a washbowl for the spinach leaves, a small sauce pot, and a knife and cutting board or mandoline.
- Remove half the spinach from its packaging and use either your hands, shears, or a small paring knife to trim the leaves free from the stem.
- Place the trimmed leaves in a bowl or similar container suitable for washing.

- Completely submerge the leaves in cold water, gently stir them, then drain them several times so as to ensure they are free of any sediment.
- Place cleaned spinach leaves into a clean bowl of ice water and store in the refrigerator until ready to serve.
- Rinse the radishes under running water and shave into a bowl with mandoline. If you do not have a mandoline, use a sharp knife to cut thin round slices. Submerge the thin slices of radish in cold water and store covered in the refrigerator until ready to serve.
- When ready to serve, remove spinach and radishes from water, shake gently or salad spin to remove excess water. Transfer the drained spinach and shaved radishes to a mixing bowl then heat the dressing on the stove until it reaches a simmer.
- When the dressing is hot, spoon the desired quantity (a bit at a time) into the mixing bowl then gently fold all of the contents together with your hands or a spatula. While gently tossing, season to taste with salt.
- Plate the dressed spinach and radish salad in individual serving bowls before garnishing with Egyptian Star Flowers and serving. Serves 2

Recipe by: https://www.farmerjonesfarm.com/blogs/recipes/spinach-salad-with-warm-beet-vinaigrette-and-shaved-watermelon-radishes?utm_source=Vday%202022%20Zoom&

Cook's Note: If you are looking for more fermented products to include in your diet, check out the beet vinaigrette from Cleveland Kitchen. The beet dressing is creamy with a vibrant blending of fermented red cabbage, beets, and carrots.

About the Recipe: Easy does it! Beautiful to serve! Healthy on a plate! This chef inspired salad has it all. Do try to locate the rainbow radishes and soak them in cold water to give them little curve edges. The fermented salad dressing provides a creamy tart taste to the natural sweet spinach leaves.

Healthy Tip:

Delicious root spinach tastes mild, fresh, green, and buttery, with natural sugar content off the charts! Brix readings are literally as high as an apple. The New Zealand variety starts off sweet tasting, then finishes with nutty-buttery flavor. For a variety of fresh spinach with a mildly bitter taste progressing into earthiness, choose tropical spinach with its bright red stem and small reddish-green leaves.

<https://www.chefs-garden.com/products/greens/spinach>