

How To Pack the Perfect Salad in a Jar

Makes 1 salad

What You Need

Ingredients

1 to 4 tablespoons salad dressing

Mix of raw and cooked vegetables, fresh and dried fruit, nuts, cheese, and other salad ingredients

Salad greens

Equipment

Wide-mouth canning jars with tight-fitting lids:

pint jars for side salads, quart jars for individual meal-sized salads, 2-quart jars (or larger) for multiple servings

Large bowl, to serve

Instructions

1. **Salad dressing:** Pour 1 to 4 tablespoons of your favorite salad dressing in the bottom of the jar. Adjust the amount of dressing depending on the size of the salad you are making and your personal preference.
2. **Hard vegetables:** Next, add any hard chopped vegetables you're including in your salad, like carrots, cucumbers, red and green peppers, cooked beets, and fennel.
3. **Beans, grains, and pasta:** Next, add any beans, grains, and/or pasta, like chickpeas, black beans, cooked barley, cooked rice, and pasta corkscrews.
4. **Cheese and proteins (optional):** If you'll be eating the salad within the day, add a layer of diced or crumbled cheese and proteins like tuna fish, diced (cooked) chicken, hard-boiled eggs, or cubed tofu. *If you're making salads ahead to eat throughout the week, wait to add these ingredients until the day you're planning to eat the salad and add them on top of the jar.*
5. **Softer vegetables and fruits (optional):** Next, add any soft vegetables or fruits, like avocados, tomatoes, diced strawberries, or dried apricots. *If you're making salads ahead to eat throughout the week, wait to add these ingredients until the day you're planning to eat the salad and add them to the top of the jar.*

6. **Nuts, seeds, and lighter grains:** Next, add any nuts or seeds, like almonds, walnuts, and sunflower seeds. If you're making a salad with lighter, more absorbent grains like quinoa or millet, add them in this layer instead of with the beans.
7. **Salad greens:** Last but not least, fill the rest of the jar with salad greens. Use your hands to tear them into bite-sized pieces. It's fine to pack them into the jar fairly compactly.
8. **Storing the salad:** Screw the lid on the jar and refrigerate for up to 5 days. If you're including any cheese, proteins, or soft fruits and vegetables, add these to the top of the jar the morning you plan to eat your salad.
9. **Tossing and eating the salad:** When ready to eat, unscrew the lid and shake the salad into the bowl. The action of shaking the salad into the bowl is usually enough to mix the salad with the dressing. If not, toss gently with a fork until coated.

<http://www.thekitchn.com/how-to-pack-the-perfect-salad-in-a-jar-cooking-lessons-from-the-kitchn-192174>

Infused Waters

Trade in the juice box and fizzy soda for the ultimate calorie-free sip. With no added sugar and virtually no calories, infused waters are an easy way to increase water intake.

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Drink Healthier Beverages

Only 57% of adults drink more than 4 cups of water a day. People who drink more water tend to eat more fruits and veggies, exercise more, and eat less fast food. Aim for water to make up 75% of your fluid consumption. Here are ways to up your total water tally, as well as ways to think about that other 25%.

Just place ingredients in a 32-ounce mason jar, and fill with 22 ounces filtered or sparkling water. Stir gently, cover, and refrigerate at least 1 hour (longer for more intense flavor). Store in refrigerator up to 3 days. Drink up!



Tips for Better Infused Sips

1. **Sit on it.** The longer it soaks, the more flavor is released. Leave the water in the refrigerator overnight.
 2. **Make a better cut.** For a less bitter taste, remove the rinds of citrus fruits.
 3. **To meddle or muddle?** Many recipes call for muddling, the process of mashing ingredients to maximize flavor by drawing out the essential oils in herbs, rinds, and fruits. Skip this step if you prefer subtle tastes.
 4. **Test the water.** Use sparkling or unsweetened coconut water as the base instead of plain old H₂O.
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Cucumber + Thyme + Tangerine

This refresher, fusing cooling cucumber and tangy tangerine, is hard to beat! Trust us, it'll be love at first sip. To boost the zesty taste, use orange scented thyme bursting with strong, aromatic citrus flavors.

Make This Water:

- **5 cucumber slices**
 - **2 thyme sprigs**
 - **4 tangerine slices**
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Watermelon + Cucumber + Mint

Biting into a sweet slice and savoring the juice running down your chin is pure bliss. Reap the benefits of its cooling forces while chilling by the poolside or soaking up the sun at a picnic.

Make This Water:

- **7 watermelon cubes**
 - **5 cucumber slices**
 - **2 mint sprigs**
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Pear + Cinnamon + Vanilla Bean

Cinnamon and vanilla lend warm spiciness to this drink, making it the perfect antidote to chilly winter weather. Seriously, this refreshing water is nothing short of divine.

Make This Water:

- **4 pear slices**
 - **1 cinnamon stick**
 - **1/2 vanilla bean**
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Coconut + Pineapple + Mango

Go loco for coco by creating a tropical fusion of coconut, pineapple, and mango. A fresh, young green coconut will provide the most delicious juice, but store-bought alternatives work too.

Make This Water:

- **22 oz. coconut water**
 - **1 cup mango chunks**
 - **4 pineapple slices**
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Orange + Grape + Basil

Zesty orange slices? Yes! Sweet, juicy grapes? Throw them in our glass, please! This water boasts a beautiful meld of colors, adding a stunning appeal to plain ole H₂O.

Make This Water:

- **3 orange slices**
 - **10 grapes, halved**
 - **6 basil leaves**
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Raspberry + Lime

Raspberries make for luscious summer desserts and jams, but they're also delicious to soak. As a great source of vitamins and minerals like folate and Vitamins C, A and K, red raspberries can lower the risk for heart disease and treat upset stomachs. Bonus: 1 cup is packed with 8 grams of fiber! When your glass runs dry, refill, or eat the remaining berries to make the best of its nutritional benefits.

Make This Water:

- **1/3 cup raspberries**
 - **4 lime slices**
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Green Tea + Mint + Pomegranate

Replenish your body fluids with this healthy minty cooler, studded with tangy, ruby jewels and steeped with green tea goodness. Infuse this festive water around the holidays - you and your guests will be more likely to reach for a glass when it's presented in a beautiful pitcher.

Make This Water:

- **1 bag green tea**
- **2 sprigs mint**
- **20 pomegranate seeds, crushed**

Orange + Blueberry + Basil

Kissed with a tangy hint of citrus and sweet blueberries bursting with flavor, one sip will have you feeling clean and hydrated. Serve this invigorating beverage with aromatic basil freshly picked from the garden. Just wait for the oohs and aahs to begin.

Make This Water:

- **3 orange slices**
- **15 blueberries**
- **3 basil leaves**

Apple + Ginger + Lemongrass

No one can resist this addictive drink with a little kick! It'll energize and awaken your senses like nothing you've ever sipped before.

Make This Water:

- **4 Granny Smith apple slices**
- **5 ginger slices**
- **2 (1-inch) lemongrass sticks**

[pictures of all the recipes can be found at the website]

More infused water websites:

<http://www.infusedwaters.com/>

<http://www.helloglow.co/infused-water-ideas/>

Lettuce and other Salad Greens

Overview

While lettuce may be synonymous to salad for many people it doesn't have to be boring. CSA shareholders will find many delicious varieties of lettuce and other salad greens in their shares throughout the season. Either by themselves or combined with other vegetables, nuts, fruits, beans, etc these greens turn into salads that become the star of any meal. Here are some salad greens that have made an appearance in the past:

Arugula

A member of the mustard family this green adds a slightly spicy flavor to leafy salads.

Butterhead or Loosehead Lettuce

You'll be able to differentiate this type of lettuce from the others in your share by the loosely packed head of leaves. It isn't as tight as a crisphead lettuce, like iceberg, nor as loose as the leaf lettuces. Some of the varieties of butterhead lettuce you may see include buttercrunch, sweet valentine, or bib.

Escarole

Escarole is a type of chicory and has a pleasant bitter taste. It is a versatile green, delicious both raw and cooked. This green is packed with lots of vitamins, especially vitamin C, that are most readily available when it is eaten raw.

Frisee

Frisee is also sometimes called curly endive. It has a crisp texture and a bittersweet taste that pairs well with mild lettuces, cheeses, fruits, and nuts.

Leaf Lettuce

Leaf lettuce comes in many shapes and colors.

Romaine or Cos Lettuce

Some people find romaine lettuce to be a bit sweeter than other forms of lettuce. It is chock full of healthy nutrients too, so indulge.

Spinach

Another delicious nutritious green that hardly needs any introduction.

Tips

Many sources suggest that lettuce should not be washed until just before using. However I find that it is a big convenience and I am more likely to use it up if I wash it

when I get home. If washed ahead of time make sure it is thoroughly dry and store wrapped in a clean dishtowel or paper towel and in a plastic bag or container.

Salads can be as elaborate or as simple as you like and are great as both side dishes or as the main course. Any variety of items can be added to your greens to make a luscious salad - just unleash your creativity. Here are a few suggestions to get you started...

- Top a mixture of lettuce with green onions, raw or slightly steamed snow peas, sliced radishes and a sesame ginger vinaigrette.
- Add dried cranberries, walnuts, and chopped oranges or grapefruit to greens with a lemony vinaigrette.
- For a Mexican flair add tomatoes, black beans, onion, bell pepper, black olives, and slightly crushed tortilla chips to a mix of greens and top with salsa and/or a ranch dressing.
- Top crisp spinach with feta cheese and a warm walnut dressing.
- In the fall, try raw grated beets or celeriac mixed with greens.
- Add fresh herbs to any tossed salad for extra flavor. Basil, cilantro, parsley, dill, and chives are all good candidates.

<http://communityfarms.org/index.php/csa/vegetables/lettuce-and-other-salad-greens/>

additional good cites:

<http://ohmyveggies.com/a-guide-to-salad-greens/>