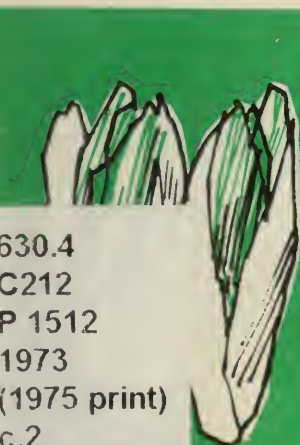
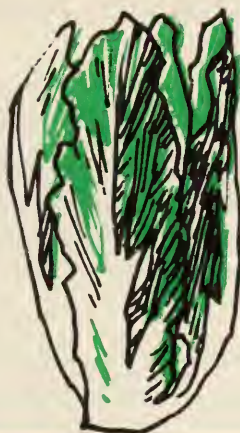


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# salad mates

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## HEAD OR ICEBERG LETTUCE

Heavy, firm, crisp-textured heads with small core. Leaves medium green on the outside, shading to pale green in the center.

Trim, wash, drain; refrigerate in tightly closed plastic bag or container with paper towel (to absorb excess moisture) up to 1 week.

# salad greens

## BOSTON OR BUTTERHEAD LETTUCE

Loose head with soft waxy, green leaves that separate easily.

Trim, wash, drain; refrigerate in tightly closed plastic bag or container with paper towel up to 1 week.

## ROMAINE OR COS LETTUCE

Elongated, upright head, dark-green outer leaves shading to almost white at root end.

Trim, wash, drain; refrigerate in tightly closed plastic bag or container with paper towel up to 1 week.

## LEAF LETTUCE

Light-green, loosely bunched leaves with ragged edges.

Refrigerate washed or unwashed in tightly closed plastic bag or container up to 1 week.

## CURLY ENDIVE (CHICORY)

Narrow, finely divided, curly leaves on flat, spreading plant with well-bleached center.

Refrigerate washed or unwashed in tightly closed plastic bag or container up to 1 week.

## ESCAROLE (BROAD-LEAVED ENDIVE)

Broad, ruffled leaves with thick midribs on flat spreading plant with well-bleached center.

Leaves shade from deep green on outside to butter yellow in center.

Refrigerate unwashed in tightly closed plastic bag or container up to 1 week.

## FRENCH OR BELGIAN ENDIVE

Smooth, cream-colored, fleshy leaves 4 to 6 inches long, compressed into compact, pointed head.

Refrigerate unwashed in tightly closed plastic bag or container up to 1 week.



## CHINESE CABBAGE

Long, firm, tapered head with pale-green outer leaves; white inner leaves with heavy white midribs. Somewhat like romaine in appearance.

Refrigerate unwashed in tightly closed plastic bag up to 1 week.

## EARLY SUMMER CABBAGE

Round or elongated, rather loosely packed head; light for size, deep-green outer leaves with pale-green inner leaves.

Refrigerate unwashed in tightly closed plastic bag up to 2 weeks.

## FALL OR WINTER CABBAGE

Round, compact head, heavy for its size; outer leaves usually trimmed. Inner leaves cream-colored during fall but white in winter.

Refrigerate unwashed in tightly closed plastic bag up to 2 weeks.

## SPINACH

Dark-green, slightly curly leaves.

Refrigerate unwashed in tightly closed plastic bag or container 1 to 2 days.

## WATERCRESS

Small, oval, green leaves branching from slender stalks.

Wash, trim, drain; refrigerate in tightly closed plastic bag with paper towel up to 1 week.

## MINT

Deep-green, pointed, slightly crinkly leaves branching from upright stalk.

Wash, trim, drain; refrigerate in tightly closed plastic bag with paper towel up to 1 week.



## PARSLEY

Small, finely divided, curly, dark-green leaves grouped at tip of slender stem.

Wash, trim, drain; refrigerate in tightly closed plastic bag or glass jar with paper towel 3 to 4 weeks.

Chart your moves for a variety of salad green combinations. Try the following suggestions, but don't stop there. Let your imagination be your guide!

# salad starters

Suggested combinations: iceberg lettuce and spinach; leaf lettuce and escarole; romaine and curly endive; iceberg lettuce and watercress; leaf lettuce, spinach and curly endive; Boston lettuce, French endive and watercress.

## OTHER SALAD VEGETABLES

Store salad vegetables in the refrigerator in tightly closed plastic bags or containers. Wash these before storing: cucumbers, celery, green peppers, tomatoes, radishes and green onions; refrigerate others unwashed, such as mushrooms, peas, carrots and asparagus. Ripen tomatoes at room temperature before refrigerating.

Tossed Salad ingredients may be prepared and refrigerated about 6 hours ahead of serving time. Store prepared lettuce, onions, celery and radishes together in a plastic bag or covered container, but refrigerate cut-up cucumbers and tomatoes separately in a covered container.

## SALAD FRUITS

Luscious fresh fruits are a great addition to summertime meals. They are perishable, so buy only what you need and use promptly. Leave underripe fruit at room temperature to mature. Refrigerate ripe fruit covered or in plastic bags. Wash fruit well and prepare just before serving.

Some fruits require special care. Refrigerate strawberries whole and unwashed; remove hulls after washing. Store other berries unwashed and uncovered in shallow containers to avoid crushing. Sprinkle cut surfaces of peaches, pears, cherries and apples with lemon juice to prevent darkening.

# smart salad moves

## TOSSED SALAD

- |   |  |
|---|--|
| 6 cups torn or shredded salad greens              | 1 green pepper, cut in rings                 |
| $\frac{1}{2}$ cup diced or sliced celery          | $\frac{1}{2}$ cup tomato wedges              |
| 2 tablespoons chopped onion or sliced green onion | $\frac{1}{2}$ teaspoon salt                  |
| $\frac{1}{2}$ cup sliced fresh mushrooms          | $\frac{1}{8}$ teaspoon pepper                |
|   | $\frac{1}{3}$ cup French or similar dressing |

Combine salad greens with other vegetables (except tomatoes) and toss lightly. Chill. Just before serving, add tomatoes, salt, pepper, and dressing. Toss to coat pieces. 6 servings.

## CAESAR SALAD

- |                                    |  |
|------------------------------------|--|
| 1 head romaine lettuce             | 2 tablespoons lemon juice  |
| 2 beaten eggs                      | $\frac{1}{2}$ cup grated Parmesan cheese   |
| $\frac{1}{4}$ teaspoon salt        | 1 tablespoon finely chopped anchovies (about 6)                                      |
| $\frac{1}{8}$ teaspoon pepper      | 12 $\frac{1}{2}$ -inch croutons ( $\frac{1}{2}$ -inch bread cubes sautéed in butter) |
| $\frac{1}{8}$ teaspoon dry mustard |  |
| 2 tablespoons oil                  |  |

Prepare romaine lettuce and break into pieces. Combine remaining ingredients except croutons and toss with lettuce just before serving. Garnish with croutons. 6 servings.

## LETTUCE SALAD

- |                                  |   |
|----------------------------------|---|
| 1 head iceberg lettuce           | Dash pepper                               |
| $\frac{1}{2}$ cup whipping cream | 1 tablespoon lemon juice                  |
| 1 teaspoon sugar                 | 2 tablespoons finely chopped green onions |
| $\frac{1}{2}$ teaspoon salt      |   |

Wash and drain lettuce thoroughly. Tear into small pieces. Whip cream until stiff. Stir in remaining ingredients. Just before serving, add to lettuce and toss gently. 6 servings.

## FRESH FRUIT TOSS

2 cups chopped nectarines	1 cup diced unpeeled apples
2 cups diced fresh pears	1/2 cup halved seeded grapes
1 cup chopped sweet plums	3 tablespoons sugar

Combine fruit and sprinkle with sugar. If salad is to be stored more than 30 minutes before serving, sprinkle fruit with 1 tablespoon lemon juice. May be served in lettuce cups with salad dressing. 6 servings.

## VEGETABLES TO DIP

A colorful and artistic array of crisp fresh vegetables makes for easy entertaining when served with dips made from cheese, sour cream, cottage cheese, process cheese spread or peanut butter. Prepare a variety of vegetables, such as celery sticks, radish roses, turnip sticks, cauliflowerets, green onions, carrot sticks cucumber fingers and green pepper pieces. To keep the vegetables cool and crisp, place them on ice cubes in a bowl.

## CHEDDAR CHEESE DIP

1 cup (4 ounces) finely grated medium cheddar cheese	1/2 teaspoon curry powder
1/2 cup dairy sour cream	1 teaspoon lemon juice
1/8 teaspoon soy sauce	1/4 cup toasted slivered almonds

Combine ingredients. Chill. Makes 1 1/2 cups.

## FRUITS TO DIP

A lush fresh fruit tray and an assortment of dips make a great summer feast for family or guests. Serve chilly chunks of watermelon, fresh sweet cherries, crunchy apple slices, melon balls, juicy grapes, peach or pear slices or fresh strawberries with Ambrosia dip, or with a tasty dip made from sour cream or cottage cheese.

## AMBROSIA DIP

1/4 cup mayonnaise	2 tablespoons finely chopped walnuts
2 teaspoons honey	1/2 cup whipping cream, whipped
2 teaspoons orange juice	
1/2 teaspoon finely grated orange rind	

Combine all ingredients except cream. Fold in cream. Chill. Makes 1 3/4 cups.



## FRUIT SALAD PLATES

For attractive fruit salad plates arrange a variety of fruits on crisp salad greens. Select contrasting colors, flavors and textures, for example, sweet cherries, watermelon, grapes and apricots. Add interest by varying the shapes; leave some fruits whole, cut others in halves, quarters, slices, cubes or balls (made with a melon baller). Add extra food value by including mounds of cottage cheese, yogurt, cream cheese balls or cubes of Canadian cheddar cheese.



### METRIC EQUIVALENTS FOR COMMON CANADIAN HOUSEHOLD MEASURES

#### VOLUME

1 quart (40 fluid ounces)	1137 millilitres	1 14 litre
1 pint (20 fluid ounces)	568 millilitres	
1 cup (8 U.S. fluid ounces) *	237 millilitres	
1 tablespoon	15 millilitres	
1 teaspoon	5 millilitres	
1 fluid ounce	28.4 millilitres	

#### WEIGHT

1 pound	454 grams
1 ounce	28.3 grams

#### LENGTH

12 inches	30.5 centimetres
1 inch	2.54 centimetres

#### TEMPERATURE

°F	°C
450	232
425	218
400	204
375	191
350	177
325	163
300	149
212	100

\*Most measuring cups are in U.S. fluid ounces

Crisp salad greens and other vegetables by chilling in the refrigerator a few hours before combining in a salad.

Keep meat and fish salads refrigerated until serving time.

Prechill insulated picnic bags or portable coolers with cans or pouches of artificial ice, then pack chilled foods tightly to retain the cold.

Freeze fresh meat and pack it frozen in a cooler if it is going to be transported any distance.

Add dressing to salad just before serving.

Place salads for picnics in containers with lids and chill several hours before transporting to the picnic site.

# play it cool

# salad checks

- ✓ CRISP
- ✓ COOL
- ✓ CLEAN
- ✓ COLORFUL



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