



Salad Dressing 101

Homemade salad dressing can be as simple as two ingredients and can revolutionize your salad making.

All dressings begin with two things: oil and acid. Oil can be extra virgin olive oil, walnut oil, sunflower oil, or a more neutral tasting oil, like grapeseed oil. Vinaigrettes all include some sort of vinegar, but you may also use citrus for acid in your salad dressing.



Depending upon your preferred level of acidity, the ratio for salad dressings is 1 part acid to 2-4 parts oil. (In our house, we use 1:3.) Follow the basic steps below to make your own.

Pour into a small bowl: 1 tablespoon acid

Add: Pinch of salt and fresh ground pepper

Stir to dissolve the salt. Whisk in: 2-4 tablespoons oil

Use a leaf of whatever you are dressing to taste. Adjust acidity and seasoning as needed.

Want to add more flavor? Try adding:

Mustard: Adding mustard emulsifies your dressing - which creates a creamy dressing. Add 1/2 teaspoon of Dijon or grainy mustard per tablespoon of acid.

Sweetener: Adding a sweetener, like honey or maple syrups, softens the acidity of the vinegar. A little goes a long - start with 1/2 teaspoon per tablespoon of vinegar.

Alliums: Finely diced onions or shallots or grated garlic can be added to the vinegar.

Herbs: Fresh or dried, try herbs like basil, thyme, dill, parsley, oregano, and chives. Start with 1/2 teaspoon dried or 1 tablespoon fresh per tablespoon of vinegar. You can always add more!

Spices: Mix 1/4 to 1/2 teaspoon spice per tablespoon of vinegar - try toasted or ground spices like red pepper flakes, cumin, coriander, paprika, fennel, or poppy seeds.

You can choose to make just enough dressing for a meal or make a larger batch. Vinaigrettes can be stored at room temperature if no fresh ingredients are used. It will keep longer in the fridge, depending on the

shelf life of the ingredients you've included. (If you store it in the fridge, you'll want to bring it to room temperature before dressing your salad.

Salad dressings aren't just for salads! They can be used as a marinade for meat or vegetables or tossed over steamed, roasted, or grilled vegetables.



Salad season is almost here - our spring shares members will be receiving their first shares next week. Cheers to many delicious salads ahead!

Add-on shares are now available!

Spring and summer share members can now add our organically raised, brown eggs to your CSA share. Choose weekly or every other week delivery.

We are excited to announce that we are offering a coffee share from local coffee roaster, Collin's Coffees. Choose to get a 12 oz bag of whole bean or ground coffee weekly or every other week. Collin will choose the single origin, specialty coffee offered each week.

We are also working with Hidden Valley Mushrooms this year. Once a month, we will be offering (based on availability) white button, crimini, portobello, shiitake, oyster, and lion's mane mushrooms to be purchased as an extra.

For more information about the eggs and coffee, or to sign up, visit:

<https://www.harvie.farm/signup/meadowlark-community-farm>

Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your culinary adventures.



Our "House Vinaigrette" Recipe

Our go-to salad dressing is a Maple Dijon Vinaigrette. Here is the recipe:

- 1 part balsamic vinegar (or apple cider vinegar)
- 3 parts extra virgin olive oil
- Dijon mustard and maple syrup to taste
- a pinch of salt and freshly ground pepper

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