

# EVERBLOSSOM FARM RECIPES

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## SPINACH SLAW

This recipe comes from our friend and fellow Everblossom Farm CSA member, Amanda Sabers. It uses **spinach** and **cabbage** in your box this week. If you have a favorite recipe that uses one of the cool vegetables that Elaine and John are growing for us, we'd love to share it. Amanda says that this salad is cool and crisp and a real treat on these hot days we've been having.

### Spinach Slaw

8 cups lettuce, shredded or finely chopped  
5 cups spinach, shredded or finely chopped  
7 cups cabbage, shredded or finely chopped  
4 carrots, shredded or finely chopped

#### Dressing:

1 cup mayonnaise  
¼ cup honey  
½ teaspoon garlic, minced  
½ teaspoon salt  
pepper to taste

Stir together all of the dressing ingredients. The dressing can be prepared the night before to let the flavors mingle.

Toss the pieces of lettuce, spinach, carrots and cabbage together with the dressing just before serving.

*Kitchen Notes:* Elaine prefers the tofu based Mayonnaise. I'm more of a Miracle Whip girl. Substitute either for the mayo if you like.

### ABOUT YOUR BEANS:

Green – the standard. Sweet and crisp

Yellow – stays yellow when cooked. Not as sweet

Burgundy – turns green after a few minutes of cooking. Great in pickled bean relish

Dragon Tongue – turns green after a few minutes of cooking. Sweeter & fuller flavor. Great lightly sautéed with garlic & butter or olive oil.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

