SALAD OF THE IMAGINATION

Ingredients
Leafy vegetables, picked, washed and spun gently
Colourful, sweet vegetables (eg. Beetroot, carrot, corn)
Crunchy vegetable (celery, cucumber, radishes)
Onion family (spring, red or salad onion)
Edible flowers
Pantry surprises (sultanas, pepitas, sesame seeds)
Herbs from the garden
Nice balanced dressing with a base of mustard, vinegar and oil

Prepare your leafy salad base. Chop or tear leaves to suit your style.
Colourful, sweet vegetables could be sliced, cooked, raw, grated (brainstorm with your group and adult helper)
Crunchy vegetables can be ribbon thin, thick diced, chunky sliced to suit.
Keep any onion fairly small sliced or diced…. Unless you choose to cook it.
Your dressing should nicely coat your salad and dress just before serving.
Don’t forget to come up with a name for your salad using describing words for its appearance, flavours or key ingredients.