**Northern Illinois Farm to School Boot Camp**

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**Salad with Local Lettuces**

Select fresh, local greens wherever possible. In Northern Illinois, fresh salad greens are available year round using season extension growing methods. Garden lettuces produce well in cooler days during the late spring and early fall.

* + The closer to harvest, the higher the nutrition value of food
  + The closer to harvest, the better the flavor of food
  + Buying local supports the local producer and economy

Determine volume to be produced. Select lettuces, using dark greens or microgreens to enhance nutrition density of greens.

**Servings:** 28 ½ c based on 14 cups lettuce total

Servings by weight: Loose leaf lettuce 21.7 servings per pound, Dark Green Vegetable / Iceberg lettuce 29.2 servings per pound, Other Vegetable / Romaine lettuce 31.3 servings per pound, Dark Green Vegetable

Ingredients:

* Romaine 6 cups chopped
* Iceberg 6 cups chopped; 4 cups shredded
* Spring Mix type 1 cup = 1oz.
* Local Leaf-type Greens 1 cup = 1 oz.

Add additional seasonal ingredients or garden produce, if desired. Create a fall themed salad with apple cider vinegar and thin sliced seasonal apples and almonds, or a winter holiday theme with balsamic vinegar and regional dried cranberries!

**Basic Vinaigrette Dressing**

Quantity varies if salad is served already dressed. Allow larger quantities for self-serve.

Typical Serving: 1 oz. (2 Tbsp. dressing per 1 cup/1 oz. salad mix)

Ingredients:

1/3 vinegar (Red Wine, Balsamic, Apple Cider vinegar, or your favorite)

2/3 oil (Olive oil or a light oil of choice)

Salt and pepper to taste (1/4 tsp. salt and 1/8 tsp. pepper to start, then adjust)

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Choose a method of mixing the vinaigrette; glass jar or food processor.

Shake Method: Place oil and vinegar into a glass jar with a tight-fitting lid. Close and tighten lid and shake vigorously. Add salt and pepper to taste.

Processor Method: Use a food processor. Add vinegar to the food processor and while pulsing add oil in a steady stream. Whisk in salt and pepper to taste and whisk

Dressing will keep for about 1-3 weeks in the refrigerator.

You can also add any of the following for variety (per 1 cup dressing)

1 teaspoon minced fresh or roasted garlic or shallots

1 teaspoon spices; Italian seasoning, thyme, rosemary, etc.

1 teaspoon grated Parmesan cheese

NSLP Meal Component: Other Vegetables

**1/4 cup raw vegetable pieces** (credits as 1/8 cup in NSLP/SBP and CACFP)

\*For the purposes of the NSLP, the “Other Vegetables” requirement may be met with any additional amounts from the dark green, red/orange, and beans/peas (legumes) vegetable subgroups as defined in § 210.10(c)(2)(iii). Additional documentation from the vendor would be necessary to determine crediting.

**NSLP Components Chart; USDA 2018**

