



## SALADS WITH LETTUCE

*The fabulous array of lettuce colors, forms and textures available to kitchen gardeners these days means you can create salads using your artistic as well as culinary senses. Whether you like sweet, buttery, crispy or tender lettuces, you'll find much to choose from, and your salads can be the centerpiece of countless quick and satisfying meals.*

*Lettuce grows quickly, so make several successive sowings at regular intervals for continual harvesting. Plant some lettuce in ample containers near your kitchen door—a convenient pleasure for the eye and palate.*

### WARM SHRIMP SALAD WITH GINGER AND TARRAGON DRESSING

*An unusual and extravagant tasting first course salad. Stir-fried shrimp contrasts with crispy greens and colorful peppers tossed with a tarragon and ginger infused dressing.*

#### Dressing:

- 2 cloves garlic
- 2 shallots or 3 scallions, chopped
- 2 tablespoons fresh tarragon
- 2 tablespoons chopped fresh ginger
- 1/4 cup freshly squeezed lime juice
- 3 tablespoons white wine vinegar
- 1 tablespoon soy sauce
- 1/2 cup olive oil
- 1 tablespoon toasted sesame oil
- 1/4 teaspoon freshly ground pepper or to taste

- 12 ounces medium raw shrimp, peeled and deveined
- 2 heads of lettuce, one green-leaf and one red-leaf, torn into bite-sized pieces
- 1 bunch of arugula

#### GARNISH

- 1/2 each, red and yellow bell peppers, sliced into thin strips

In a blender or food processor, make the dressing by combining the garlic, scallions, tarragon, ginger, lime juice, vinegar, soy sauce, olive oil, sesame oil and pepper. Mix until well blended.

Marinate the shrimp in 3 tablespoons of dressing for 30 minutes, reserving the remaining dressing. Drain shrimp and discard marinade.

In a skillet, heat 1 tablespoon of the reserved dressing. Add the shrimp and stir-fry quickly 1 to 2 minutes or until the shrimp is pink throughout.

Arrange the lettuces and arugula in large salad bowl and scatter the hot shrimp on top. Garnish with the bell pepper strips. Pour the remaining dressing over the salad. Toss well and serve.

*Serves 4 to 6*

### BUTTERHEAD LETTUCE WITH FRESH RASPBERRY MERLOT DRESSING

*This luxurious, rich-tasting, creamy dressing is especially luscious with the tender leaves of butterhead lettuce. The pastel dressing and raspberry and nut garnish make a beautiful presentation.*

#### Dressing:

- 1 large clove garlic, minced
- 1 shallot, minced
- 1 teaspoon Dijon mustard
- 1 tablespoon honey
- 2 tablespoons good quality, not too bitter, raspberry vinegar
- 1/2 cup Merlot wine
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons olive oil
- 3 tablespoons vegetable oil
- 1-1/2 cups fresh raspberries or frozen, defrosted and drained
- 3 tablespoons sour cream (low-fat okay)

- 1 large head butterhead lettuce
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley

#### GARNISH

- 1/2 cup fresh or defrosted whole raspberries
- 1/3 cup toasted pecan pieces

In a food processor or blender, make the dressing by combining the garlic, shallot, mustard, honey, vinegar, wine, salt, pepper, olive oil, vegetable oil, raspberries and sour cream. Mix until blended. Taste and add more honey if desired.

Place the lettuce, chives and parsley in a salad bowl, add dressing and toss well. Garnish with whole raspberries and pecans just before serving.

*Makes approximately 1-1/3 cups*

### Growing Lettuce

Lettuce grows best in the cooler weather of spring and fall. Thin or transplant 6 to 8 inches apart when seedlings are large enough to handle. For heavy mature heads, thin again to 12 inches apart and enjoy thinned seedlings as a celebration of the new gardening year. Make several sowings a few weeks apart for a continuous supply. Harvest either individual outer leaves or let mature into big, full heavy heads.

To grow as “cut and come again” baby leaf lettuces: scatter seed thickly. Let grow 4 to 5 inches tall, then cut just what you need with a scissors, leaving one-inch crowns in the garden. Water and fertilize and crowns will regrow for another harvest. Keep your lettuce bed evenly moist; dry soil produces bitter tasting leaves.

In hot summer weather sow heat-resistant varieties in containers in light shade, then plant seedlings into the garden, shading them for a few days. Harvest early while still young and tender. Lettuce turns bitter when plants begin to bolt (send up flower stalks). Discard at this point and fill in the space with new young seedlings.

