



Wickham Farms CSA

Vinaigrette Dressings

Unique greens with the right vinaigrette dressing lead to new flavors and salad favorites.

Lemon Mustard Vinaigrette

Ingredients

For the vinaigrette:

- 1/4 cup extra virgin olive oil
- 3 Tbsp. apple cider vinegar
- 1½ Tbsp. honey
- 1½ Tbsp. Dijon mustard
- 1 Tbsp. fresh thyme leaves (optional)
- 1½ tsp. salt
- 1½ tsp. freshly ground black pepper

For the salad:

- mustard greens and/or Swiss chard; washed and dried
- pear; sliced into thin pieces
- pecans
- goat cheese crumbles



Orange Vinaigrette

Ingredients

For the vinaigrette:

- 1/2 cup orange juice (or 1 large orange; juiced and orange zest added)
- 2 Tbsp. balsamic vinegar
- 2 Tbsp. honey
- 1 large garlic clove, peeled and minced
- 1 tsp. salt
- 1 tsp. freshly ground black pepper
- 3/4 cup extra virgin olive oil



For the salad:

- kale; washed, dried, and massaged (see Kale Salad Prep Tips below)
- Craisins
- orange segments or can of drained mandarin oranges
- toasted pine nuts

Green Salad Lemon Vinaigrette

Ingredients

For the vinaigrette:

- 1/4 cup freshly squeezed lemon juice (approx. 2 lemons)
- 1/2 cup extra virgin olive oil
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper

For the salad:

- arugula; washed and dried
- shaved parmesan
- prosciutto or ham
- croutons



Time Saving Tip

Like these vinaigrettes, but don't have time to make your own? Our chefs suggest:

Arugula with Wegman's Lemon Vinaigrette

Mustard Greens with Stonewall Kitchen's Maple Balsamic Dressing

Kale with Wegman's Miso Ginger or Raspberry Vinaigrette

Vinaigrette Dressing Preparation Tips

The most effective way to combine the oil and the vinegar is in a blender or whisked thoroughly in a glass bowl.

The easiest and most convenient way is to seal the ingredients in a clean glass jar or bottle and shake to combine.

For best results, all your ingredients should be at room temperature when you begin. Make 1 to 3 hours in advance.

Most vinaigrette's can be stored in the refrigerator for up to a week.



Kale Salad Prep Tips

A little extra effort with kale can make a big difference. Make sure to remove the tough center rib of each leaf.

When you're done, pour a little olive oil on your hands or the kale and massage the greens for a few minutes. They will look wilted but will be more tender and sweet. Stack the leaves up, then slice thinly (approx. ¼ inch).

Greens Reminder: Keep 'Em Clean

We rinse greens after harvesting them, but they aren't clean enough to consume right away. They are grown in sandy soil and leaves have a tendency to trap dirt. Our favorite way to clean greens is to fill a clean sink or large bowl with cold water and submerge the leaves completely. Swish the leaves around gently with your hands, then let them soak for a few minutes. This will allow the sand and grit to sink to the bottom. Scoop leaves up and drain in a colander or a salad spinner. Repeat this process until there is no sand at the bottom of the bowl or sink. Wrap the greens in a paper towel and store in a zip-top bag.