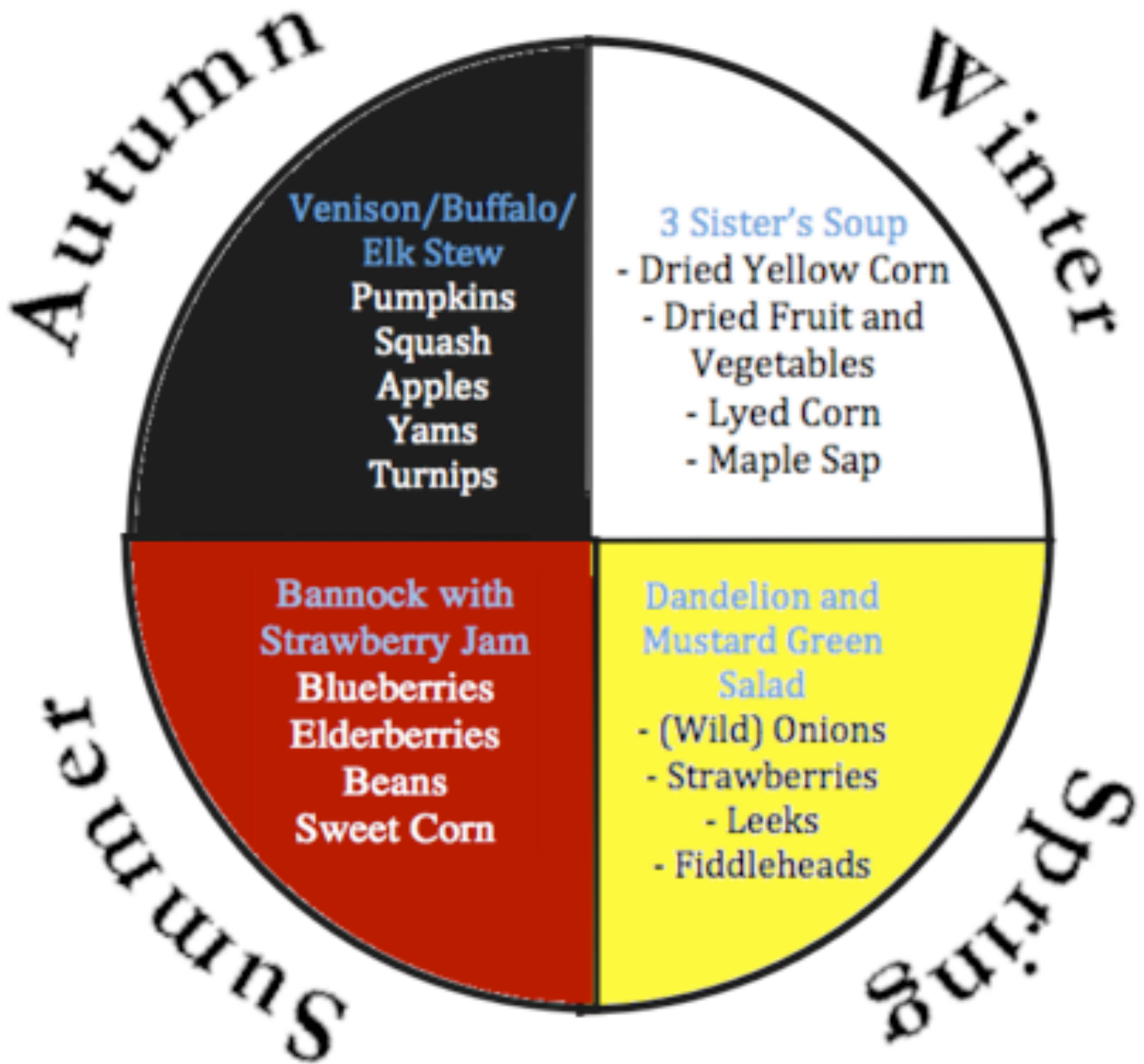


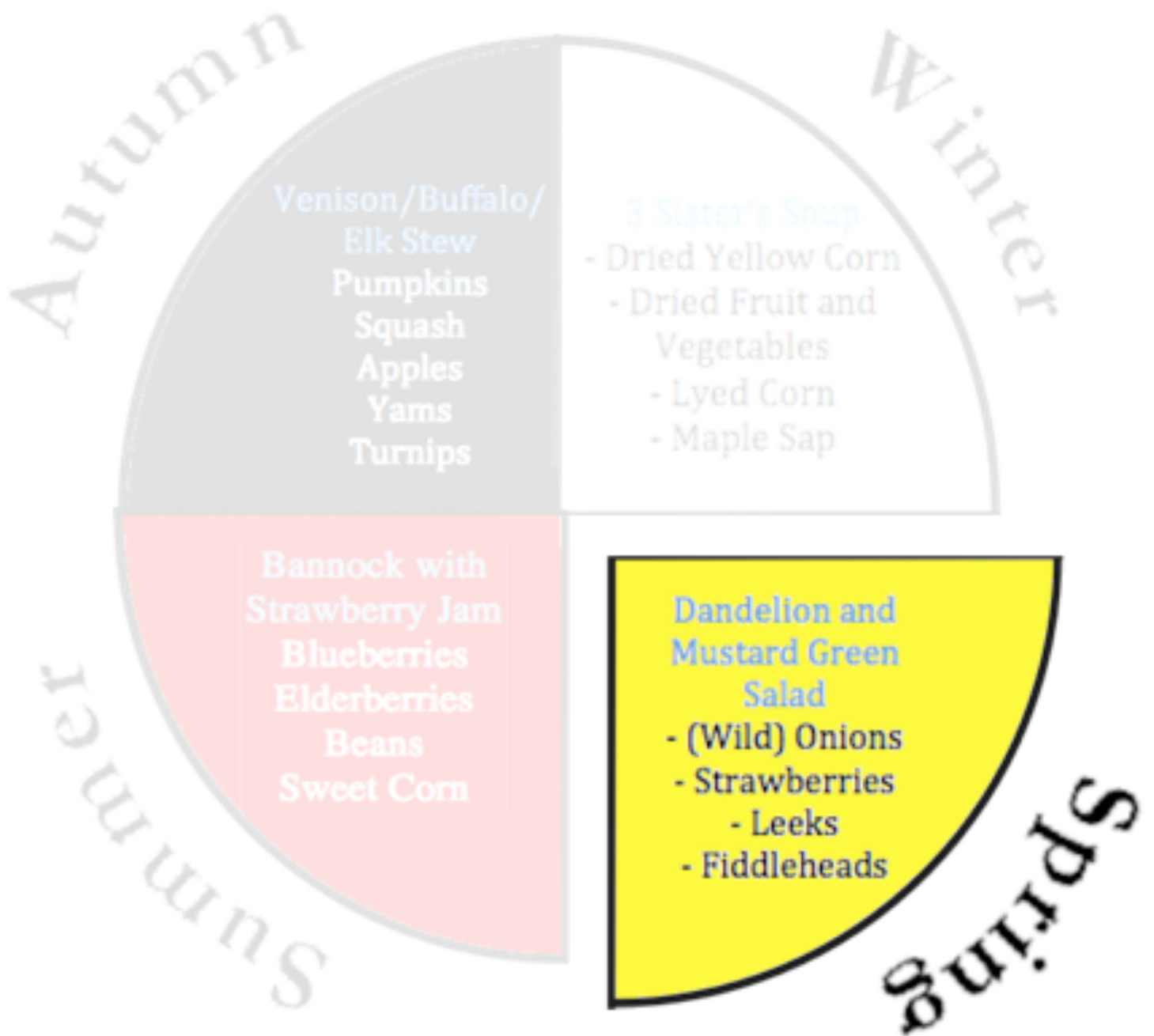
Back to Roots:
Traditional Cycle of Foods and
Accompanying Recipes

Created for the NACHC by Lindsay Keuning Rutherford and Thalia Ottaviano

Overview



Spring



Dandelion and Mustard Green Salad

Salad Ingredients

- Sufficient amount of dandelion
- Sufficient amount of mustard greens
- 3 tablespoons of sunflower seeds
- 3-4 tablespoons of dried cranberries or blueberries
- ½ cup diced wild onion

Directions

1. Wash the dandelion and mustard green leaves; dry off excess water
2. Combine all ingredient in a large bowl
3. Pour on dressing
4. Serve immediately or cover and place in fridge

Dressing Ingredients

- ¼ cup of vinegar of choice and vegetable oil, combined

Directions

1. Combine oil and vinegar
2. Shake or stir until consistent