



Tossing Around Ideas for Spectacular Salads

Flavor, nutritional value, and presentation are the three main considerations of a spectacular salad. Fine restaurants pay incredible details to salads, but many of the components can be grown in your own garden, patio containers or even on the kitchen window sill.

Lettuce, the main ingredient in many salads, by itself is rather tasteless. Iceberg lettuce, the variety most commonly used, is one of the *least* nutritious lettuces. Make your salad more healthy by adding additional lettuce varieties, like romaine, which is easily grown in the garden. Try slipping in some young spinach leaves as well. Add tomatoes, green peppers, colored peppers, and carrots and suddenly that salad becomes an excellent nutritious part of your meal.

Salad aesthetics

What looks good often tastes good. For a dark red accent, try a variety of red lettuce or red rubin basil. Dark green spinach, the orange of a grated carrot, a red and white radish slice or the red-orange of a cherry tomato may be just right to add the idea of *delicious* to a serious salad.

Color is only a part of a good looking salad. Texture is important as well. Herbs may be a good fit to introduce other textures. The crinkled leaf of parsley, the small, rounded leaf of watercress, or the large round slice of cucumber adds a balance to the salad.

The best part of preparing a spectacular salad is that the ingredients can come from your very own garden, where you know the conditions under which they have been grown and exactly who has handled them. There is no need for a recall of ingredients from your own garden.

Container gardens

If you don't have a place for a garden, many vegetables and herbs can be grown in containers on the patio. Smaller herb varieties can be grown in a pot on the window sill. Tomatoes, peppers and cucumbers need to be staked in large containers. When plants set fruit, the branches become heavy and need support. There are special varieties of tomatoes and cucumbers that work well in containers. Nearly any pepper variety will work. Leaf lettuce, spinach, and many herbs will do fine in smaller pots. Herbs usually require less water and less fertilizer than vegetable plants.

Feed your plants

Fertilize vegetable plants using a balanced fertilizer that has numbers close to each other such as 10-10-10, 14-14-14, or 12-8-10. Follow the recommended amounts and frequency of application listed on the container. Water soluble fertilizer or control release fertilizer are best for containers.



Because container grown vegetables are totally dependent on your care, fertilizer is especially important. Container vegetables need to be checked daily. Water them only when the surface of the soil is dry and light in color.

Depending on how sandy the soil is, garden vegetables need water about once a week. Then, sit back and wait for the harvest. ☘

Visit our website and search our updated list of annuals, perennials, shrubs, vegetables and more. You can search by variety, description or container size to plan your gardens and containers down to the last leaf.



Introduce some other flavors to bring your salad to a new level. Cucumber, radish, tomato, or herbs such as basil, cilantro, parsley, chives and watercress are the secret of exclusive restaurant salads with extra flavor.

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Do you have a gardening question? Call us at 839-8448 to ask for advice!

While some vegetable prices drop when they are in season, some seem to stay the same regardless of the time of year. Tomatoes, and patience. Many people

spinach, strawberries and grow if you have a little time of these are relatively easy to herbs are good examples. All

place vegetables among flower gardens. Or, use a little of your patio space and grow vegetables in pots on the patio.

Here's a list of varieties we sell here in Chippewa Valley Growers that do well in containers. Happy growing!

Variety	Recommended Container Size	Notes
All Peppers Varieties	15" Diameter Pot or Larger	Stake Plants
All Eggplant Varieties	15" Diameter Pot or Larger	Stake Plants
Cucumber Salad Bush	24" Diameter Container	Stake Plants, Slicing Cucumber
Tomato Tumbler	10" Hanging Basket, 10" Pot or Larger	Plant Cascades, Red Cherry
Tomato Yellow Tumbling Tom	10" Hanging Basket, 10" Pot or Larger	Plant Cascades, Yellow Cherry
Tomato Red Robin	7.5" Pot or Larger	Very Compact Plant, Red Cherry
Tomato Husky Cherry Red	24" Diameter Pot	Stake Plant, High Yields
Tomato Bush Champion	24" Diameter Pot	Stake Plant, Slicing Tomato 9-12oz
Tomato Carolina Gold	24" Diameter Pot	Stake Plant, Slicing Yellow Tomato
Most Herbs	6" Diameter Pot or Larger	Let Soil Surface Dry Between Watering



Going Green Save With A Garden

Chippewa Valley
GROWERS
7825 Prill Road
Eau Claire, WI 54701

Hours

April 15 - April 30

Monday - Saturday • 9:00 a.m. - 6:00 p.m.

Sunday • 10:00 a.m. - 5:00 p.m.

Closed Easter Sunday (April 24)

May 1 - June 11

Monday - Saturday • 9:00 a.m. - 7:00 p.m.

Sundays • 10:00 a.m. - 5:00 p.m.

Memorial Day • 10:00 a.m. - 5:00 p.m.

June 12 - June 30

Monday - Saturday • 9:00 a.m. - 6:00 p.m.

Sunday • 10:00 p.m. - 5:00 p.m.

July 1 - October 8

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Closed Sundays and Mondays

Closed Independence Day and Labor Day

We're open all summer long!

