

MASON JAR SALADS

METHOD

Layer 1: Add your favorite dressing into the jar. If you add the dressing later, ingredients that should stay dry will get soggy. This is particularly important when you prepare Mason jar salads for several days. Alternatively, you can keep the ingredients for a quick dressing at work or home and prepare right before you eat.

Layer 2: Add crisp ingredients such as tomatoes, cucumbers, red onion, asparagus, celery, peppers and carrots into the jar. This level “protects” the other ingredients from getting soggy. Best are vegetables that you can imagine pickled in vinegar.

Layer 3: Add ingredients that should not necessarily be in dressing, but that could survive if they do get wet. Some ideas would be mushrooms, zucchini, beans, lentils, peas, corn, broccoli and so on.

Layer 4: Add delicate ingredients such as hard boiled eggs and cheese.

Layer 5: “Seal” the ingredients in with starchy or substantial ingredients such as rice, pasta, quinoa or couscous.

Layer 6: Add in ingredients that should definitely not be wet – lettuces, greens, or nuts.

ASIAN CITRUS SALAD

Simple Sesame Soy Dressing (below)

Julienned Red Bell Pepper

Shredded Carrots

Sectioned or Sliced Citrus

Shredded Red and Napa Cabbage

Macaroni Pasta

Your Favorite Greens

Chopped Scallions

Sesame Seeds

SIMPLE SESAME SOY DRESSING*

¼ Cup Low Sodium Soy Sauce

¼ Cup Sesame Oil

¼ Cup Rice Vinegar

¼ Cup Brown Sugar

Black Pepper, To Taste

ROASTED BUTTERNUT SQUASH & CARROT SALAD

Maple Mustard Dressing (below)

Julienned Red Onion

Black Beans

Roasted and Sliced Carrots

Roasted and Cubed Butternut Squash

Feta Cheese

Roasted and Cubed Potato

Your Favorite Greens

Toasted Nuts

MAPLE MUSTARD DRESSING*

2 Tb Dijon Mustard

2 Tb Apple Cider Vinegar

¼ Cup Olive Oil

¼ Cup Maple Syrup

Salt and Pepper, To Taste

RAW CAULIFLOWER SALAD

Curry Shallot Dressing
Garbanzo Beans
Cauliflower
Pomegranate
Quinoa
Your Favorite Greens
Toast Nuts
Parsley

CURRY SHALLOT DRESSING*

¼ Cup Fresh Lemon Juice
¼ Cup Olive Oil
1 Tb Curry Powder
1 Tb Honey
2 Tb Minced Shallots
Salt and Pepper, To Taste

*For the dressings, combine all ingredients in a bowl (and whisk like the dickens), blender, or food processor. Use what you need and store away the rest.

SHOPPING LIST – MAIN STREET FARMERS MARKET VENDORS

- | | |
|---|---|
| <input type="checkbox"/> Carrots – Rancho La Familia | <input type="checkbox"/> Potato – Weiser Family Farms |
| <input type="checkbox"/> Citrus – McFarlin Family Farm | <input type="checkbox"/> Feta Cheese – Achadinha Cheese Co. |
| <input type="checkbox"/> Red and Napa Cabbage – Vang Farm | <input type="checkbox"/> Your Favorite Greens – Maggie’s Farm |
| <input type="checkbox"/> Scallions – Vang Farm | <input type="checkbox"/> Toasted Nuts – Avila & Sons |
| <input type="checkbox"/> Red Onion – Vang Farm | <input type="checkbox"/> Pomegranate – Avila & Sons McFarlin Family Farms (organic) |
| <input type="checkbox"/> Red Bell Pepper - Vang Farm | <input type="checkbox"/> Parsley – Anna’s Farm |
| <input type="checkbox"/> Black Beans – Suncoast Farm | <input type="checkbox"/> 3 Lemons – Garcia Organic Farm |
| <input type="checkbox"/> Garbanzo Beans – Suncoast Farm | <input type="checkbox"/> Olive Oil – Buon Gusto |
| <input type="checkbox"/> Cauliflower – Suncoast Farm | <input type="checkbox"/> Honey – Honey Pacifica Energy Bee |
| <input type="checkbox"/> Butternut Squash – Weiser Family Farms | |
| <input type="checkbox"/> Shallots – Weiser Family Farms | |



The Santa Monica Farmers Markets create thriving, vibrant communities that are inclusive, connected and diverse by promoting the preservation of the agricultural arts, prosperity of CA farmers and small food businesses and sustainable food systems.

