

# Sprouts Green Salad

I love shopping at Gilbert Farmer's Market! Early in the morning, one can always find me and my family next to the stand with vegetables and fruits. All the produce is fresh and tastes amazingly rich and delicious.

This salad was inspired by fresh edible flowers that add flavor to any dish or salad and taste just like green peas!

Because the produce does not have to travel hundreds of miles to the consumer, it stays fresh longer and tastes much better than organic stuff bought at health-food stores.



1 – 2 cups mixed leafy greens

1 peeled and cut cucumber

1 bunch of edible flowers in season

Dressing

If I feel adventurous and have extra time on my hands, I make this dressing which can be refrigerated for up to 14 days.

1 cup olive oil (preferably local brand – avoid imported olive oils as the quality may be compromised by the greed of Italian/European mafia)

2-4 cloves minced garlic

1/2 teaspoon ginger powder

1 tablespoon Dijon mustard

1/2 cup apple cider vinegar

1/2 teaspoon pink Himalayan or sea salt