

Recipe: Spinach-Mushroom Salad with Sweet-Sour Mustard Dressing

We found this recipe in Rodale's *Basic Natural Foods Cookbook* (Rodale Press, 1984), and tried it out replacing the mushrooms with some left-over chicken, and adding some chevre. Makes a meal if served with toast (serves 4)

1 Tablespoon vegetable oil
1 Pound mushrooms, sliced
1 small onion, chopped
1 Tablespoon tamari
pepper (and salt) to taste
1 tablespoon lemon juice
1 pound of spinach, torn into bite-sized pieces
Sweet-Sour Mustard Dressing (follows)
3 hard cooked eggs, sliced

Heat oil in a medium-sized skillet. Add mushrooms (or chicken) and brown quickly over high heat, stirring often. Add tamari, and add onions until glazed. Transfer mixture into a bowl, sprinkle with pepper and lemon juice, toss lightly, and set aside to cool.

Combine spinach with cold mushrooms and onions in a large bowl. Add dressing and toss. Top with eggs.



Sweet-sour Mustard Dressing

2 tablespoons vinegar
1 tablespoon honey
¼ cup olive oil
1 teaspoon French-style mustard
pepper, salt to taste.

Heat vinegar and honey in a small saucepan, stirring until honey is dissolved. Let cool a bit. Combine with remaining ingredients in a jar with a tight-fitting lid. Shake well. Yields about ½ cup.

FARM VISITS – Feel free to come and visit the farm. The farm is open to visit anytime, but on harvest days (Tuesdays and Fridays) our time is very limited – on other days we'll gladly show you around a bit. It's a great opportunity to see how we produce your vegetables, and to enjoy the scenic farm site. Bring some kitchen leftovers to feed the chickens and pigs! All the fencing on the farm is electric – please be careful.

DIRECTIONS TO THE FARM: From Altamont: Follow Rte. 146 towards Gallupville. Approximately 10 miles out of Altamont, make a right on "Larry Hill". (*) Go up for ¼ mile (there is a blue sided house on your left). Just past the blue house, you'll find Fox Creek Farm Road on your left going in the woods. Follow this road to the end. From Rt. 443: Turn on 146 in Gallupville for approximately 2 miles. Make a left on "Larry Hill". Follow directions as above (starting at (*)).

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