



Connecting schools and students
with local farms and fresh,
nutritious foods!

Seneca County Cornell Cooperative Extension • 308 Main Street Shop Centre Waterloo, NY 13165
p: (315) 539-9251 • e: seneca@cornell.edu • www.senecacountycce.org • Follow us   



Building Strong and Vibrant New York Communities

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

F2S Spring Greens Salad

(serving size: 4)



Ingredients:

- 4 cups leaf lettuce (or head lettuce, chopped)
- 2 cups spinach, kale, mustard greens, or arugula (or a mix), chopped
- 1 cup sugar snap peas, de-stemmed and quartered (shell and all)
- 1 cup strawberries, sliced
- Vinaigrette dressing (oil, vinegar or lemon juice, salt, pepper, herbs)
- Optional: crumbled cheese

Instructions:

1. Rinse salad greens and pat dry. Chop greens to desired size.
2. Rinse peas and de-stem by snapping off the tops. Cut into quarters.
3. Rinse strawberries, remove stems, and slice.
4. Pour in a vinaigrette dressing and toss. You can make a simple one at home using the ingredients above.
5. Optional: You can top with a local crumbled cheese.