

## ❖ **Vegetarian Spring Wheat Berry Salad**

Servings: 2

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### **Ingredients**

1 cup wheatberries , rinsed  
1 Tbsp + 3 Tbsp olive oil , divided  
One bunch of ramps , leaves removed for other use and chopped into 1-inch pieces  
half bunch of asparagus , trimmed and chopped into 1 inch pieces  
1 garlic clove  
2 carrots , diced  
1 bell pepper , sliced  
1/2 cup strawberries , chopped  
2 celery stalks , chopped  
1 Tbsp chive blossom vinegar (or champagne vinegar works as well)  
Salt / Pepper , to taste  
1 Tbsp basil , chopped  
microgreens , scallions, or edible flowers, for garnish

### **Instructions**

1. **For the wheat berries:** Bring a large pot of salted water to a boil. Add in wheat berries, reduce heat, cover, and let gently simmer for 1 hour. Drain and transfer to a large mixing bowl.
2. Warm 1 Tbsp. olive oil in a medium skillet over medium heat. Add ramps and asparagus and sauté for 5 to 7 minutes or until softened.
3. Add garlic and sauté for an additional 30 seconds. Remove from heat and add wheat berries. Also add in carrots, bell peppers, strawberries, and celery. Use a wooden spoon to mix until combined.
4. **For the chive blossom vinaigrette:** Whisk together the remaining olive oil, chive blossom vinegar, and basil. Season with salt and pepper. Pour over salad and toss to coat. Cover and refrigerate for at least 30 minutes before serving.

## ❖ **BERRY AND PECAN SUMMER SALAD**

Mixed Greens assortment  
Blueberries  
Sliced Peaches  
Chopped Pecans- toasted  
Feta  
Bell Pepper  
Red Onion (soak the slices in water for about 15 to tame the flavor, if desired)

### **For the Honey Vinaigrette:**

1/4 cup olive oil  
3 Tablespoons honey  
1 Tablespoon chive blossom vinegar or apple cider vinegar  
Salt/Pepper  
Whisk all together in a small bowl and pour over salad.

- Substitute for any vinegar in salad dressings, marinades, stir fries.

- Use to make “quick pickles”.
- Splash in soups or use in a reduction sauce on meats, vegetables, etc.

### ❖ **Chive Blossom Vinaigrette:**

3/4 c. extra-virgin olive oil  
 1/4 c. chive blossom vinegar  
 1/2 t. grainy Dijon or honey Dijon mustard  
 1/2 t. sugar  
 salt and freshly ground black pepper to taste  
 Optional: fresh snipped chives

### ❖ **Vinegar Reduction Sauces**

Drizzle these vinegar reductions over a piece of grilled or roasted meat, poultry, fish, or vegetables, fruit salad or cheese platter. You can also use them as a base for salad dressings.

#### ➤ **Chive Blossom Vinegar, Honey & Fennel**

1 ¾ c. chive blossom vinegar  
 ¼ c. honey  
 1 teaspoon fennel seeds

#### ➤ **Chive Blossom Vinegar & Pomegranate**

1 c. chive blossom vinegar  
 1 c. pomegranate juice

#### ➤ **Chive Blossom Vinegar & Fig**

1 ¾ c. chive blossom vinegar  
 ¼ c. fig jam, pressed through a sieve

#### ➤ **Chive Blossom Vinegar, Agave & Five-Spice Powder**

1 ¾ c. chive blossom vinegar  
 ¼ c. agave nectar  
 ½ teaspoon five-spice powder

#### **Directions for vinegar reduction sauces:**

Bring the ingredients to a boil over medium-high heat, stirring a few times to combine. Boil, undisturbed, until reduced to 1/3 cup. Let cool and store in the refrigerator in an airtight container up to 1 month.

### ❖ **“Shrub Cocktail”:**

Making cocktails with vinegar and fruit yields an interesting cocktail and fun weekend project. Use equal parts fruit/ sugar/ vinegar (1:1:1) for a refreshing summer drink. Try a strawberry + pink peppercorn + chive blossom vinegar one! *Alcohol optional.*



*Presented by Susan Schumacher*  
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