

Fresh Garden Salad Grown with AgLime

Lesson: Farmers depend on Rockydale's Agricultural Lime to neutralize acidic soil. When the soil's pH is properly controlled, crop yields can be improved significant. Rockydale's Agricultural Lime is used to help grow vegetables, such as those used to make a traditional garden salad

What you will need:

1 head of iceberg lettuce
Cherry Tomatoes (halved)
Cumbers (sliced)
Carrots (shredded)
Avocado (diced)
Red onion (thinly sliced)
Shredded or crumbled cheese
Crouton

***Dressing of your choice**

Directions:

1. Rinse lettuce leaves in a large basin of cold water, lift them out of the water, spin dry in a salad spinner or dry on several layers of paper towels or a clean kitchen towel. Then tear or chop lettuce into smaller pieces.
2. Wash and prepare (slice, dice, or half) the remaining vegetables – tomatoes, cucumbers, carrots, avocado, and onion.
3. In large bowl, layer your ingredients as follows: (1) Lettuce; (2) Carrots; (3) Onions; (4) Cucumbers; (5) Tomatoes; and (6) Avocado.
4. Top with shredded cheese, croutons, and your choice of salad dressing. Enjoy!

Please have an adult's supervision for this activity.