Elkhart County 4-H Fair

News Release

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For immediate release

Open Class Home & Family Arts Department

Special Contest – Year of the Salad Greens, held Wednesday, July 27, 2022; sponsored by Sweet Corn Charlie Produce, LLC

Y01. Salads - First Place

Summer Greens with Peaches and Avocado

Trevor Wendzonka, Goshen

1 peach, ripe and sliced

1 small avocado, diced

1/4 red onion, diced

1 c. baby arugula, washed

1 c. baby spinach, washed

1 handful nasturtium with flowers, washed

1/4 c. queso fresco, crumbled

Salted pepitas

Dressing

1 T. peppercorn dressing mix

2 T. water

1/2 c. Greek yogurt

1/4 c. mayonnaise

2 T. parmesan cheese, grated

In a measuring cup or bowl, combine the dressing mix with water and stir. Let stand for five minutes.

To finish the dressing, add the yogurt, mayonnaise, and parmesan. Stir thoroughly to combine and eliminate any lumps.

Place fresh ingredients together in a serving bowl, tossing to mix. Add queso fresco and seeds to the serving bowl. Using salad tongs or utensils, prepare individual servings. Add dressing to taste.

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Y01. Salads – Second Place

Strawberry Arugula Salad

Maggie Seeck, Goshen

2 c. torn fresh arugula

3/4 c. fresh strawberries, quartered

1/4 c. almonds, slivered

1/4 c. gorgonzola cheese, crumbled

2 T. red onion, chopped

2 T. olive oil

1 T. orange juice concentrate, thawed

1 T. balsamic vinegar

1-1/2 tsp. orange zest, grated

1/8 tsp. ground ginger

In a salad bowl, combine the first five ingredients. In another bowl, whisk the oil, orange juice concentrate, vinegar, orange zest, and ginger. Pour over salad; toss gently to coat.

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Also participating in the salad contest was Karen Meade and Mary George, both of Goshen.

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