Spring "César Salad"

CULINARY RECIPE

DESCRIPTION
Farmworkers have always been essential workers, working long hours through difficult conditions. From smoke from wildfires, freezing weather, to a global pandemic; they work day, after day, to harvest the fruits and vegetables we eat. This activity will explore how the foods we eat are tended by and harvested by hardworking hands, the work conditions farmworkers face, and historical connections to boycotts organized by the United Farm Workers (UFW); led by labor leaders César Chávez, Dolores Huerta, and Larry Itliong.

This activity will guide you through the steps of making a Spring "César Salad." Inspired by lettuce and grape boycotts, this salad will use alternative ingredients including: spinach, Swiss chard, and strawberries.

ESSENTIAL QUESTIONS
1. Who harvests the food we buy at the market? Why is it important to acknowledge their contributions?

2. What are some reasons why labor leaders like César Chávez and Dolores Huerta fought for the rights of farmworkers in California?

NUMERO OF SERVINGS
4

INGREDIENTS
Spring "Cesar Salad":
- 1 bunch of fresh baby spinach
- 1 bunch of Swiss chard
- 5 oz. container of arugula
- 1 bunch of verdolagas (purslane)
- 16 oz. container of strawberries
- 1 pint of cherry tomatoes
- 1 avocado

Zesty Nectar Dressing (makes 1 cup):
- ¾ cup vegetable oil
- ¼ cup red wine vinegar
- 1 tablespoon agave syrup
- 1 teaspoon dry oregano
- ½ teaspoon salt
- ¼ teaspoon pepper

KITCHEN UTENSILS
- chopping board
- knife
- large salad bowl
- medium mixing bowl
- 1 tablespoon
- 1 teaspoon
- ½ teaspoon
- ¼ teaspoon
- 1 measuring cup
- small jar with tight lid
- whisk or fork
- salad tongs
- medium bowls
- forks
ZESTY NECTAR DRESSING

1. In a medium mixing bowl, add ¾ cup of vegetable oil, ¼ cup of red wine vinegar, and 1 tablespoon of agave syrup.
2. Carefully add 1 teaspoon of dry oregano onto the palm of your hand and use your other hand to crush the oregano directly over the bowl. Wash your hands afterwards.
3. Sprinkle ½ teaspoon of salt and ¼ teaspoon of pepper into the mixing bowl.
4. Use a whisk, or fork, to rapidly blend the ingredients together.
5. Store the salad dressing in a small jar with a tight lid. Dressing will last in the refrigerator for up to five days.
6. Place to the side while you make the salad.

SPRING "CESAR SALAD"

1. In a large salad bowl, add 1 bunch of baby spinach leaves.
2. Cut off the stems of the Swiss chard. Stack up all the leaves and roll them up tightly. Carefully cut the leaves crosswise to get ribbons. Bunch up the ribbons and cut them into smaller pieces. Add 2 handfuls of cut Swiss chard into the salad bowl.
3. Add 2 cups of arugula into the salad bowl.
4. Remove the verdolaga (purslane) leaves from the stems. Add about 2 cups into the salad bowl.
5. Slice the green caps off the top of the strawberries. Take the flat side and place on the cutting board. Cut the strawberries into fourths. Add 1 cup of strawberries into the salad bowl.
6. Cut the cherry tomatoes into eighths. Add 2 cups of cherry tomatoes into the salad bowl.
7. Cut and slice the avocado, cut the slices into cubes. Add onto the salad as a garnish after the dressing.

RESOURCES TO EXPLORE TOGETHER

1. United Farm Workers: www.ufw.org
2. Dolores Huerta Foundation: www.doloreshuerta.org
3. Cesar Chavez Foundation: www.chavezfoundation.org