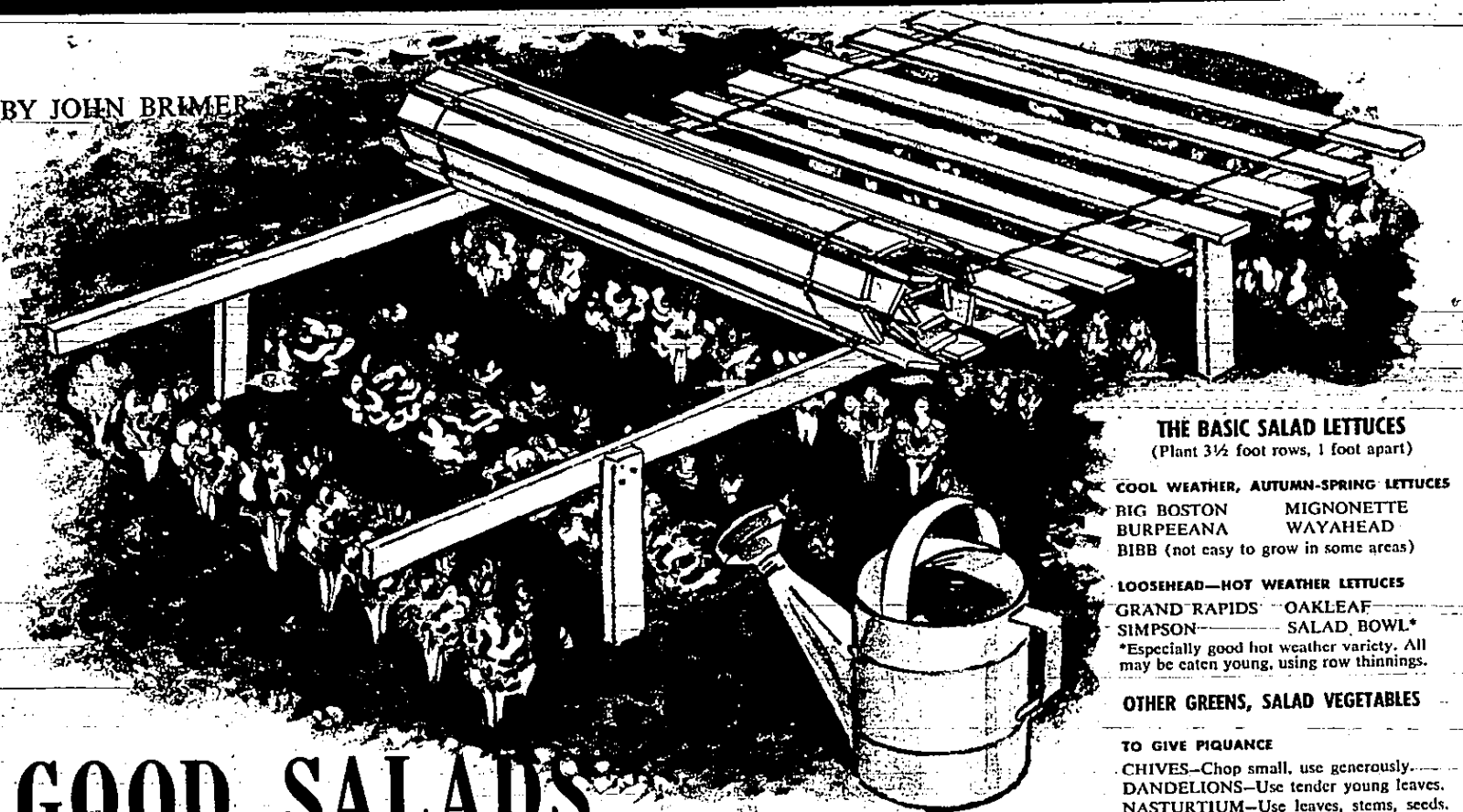


BY JOHN BRIMER



# GOOD SALADS

## and how to grow them yourself

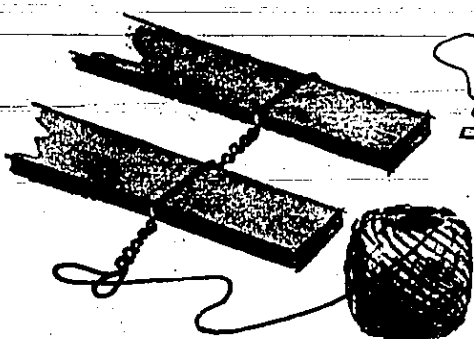
**N**O MATTER how important a good dressing may be in making a salad, the real basis for success lies in the greens selected for it. Sooner or later, all good cooks learn the two secrets of preparing good food: First, to choose high-quality ingredients; and second, to prepare them so that they retain their flavor. Elaborate sauces and dressings may disguise inferior materials but they cannot triumph over them. This is true of salads, too. Here's why:

Lettuces bought in supermarkets come from commercial farms, the varieties being chosen because they will withstand the punishment of harvesting, shipping to wholesalers, reshipping to retailers, storage under refrigeration and re-refrigeration if they are not immediately sold. In other words, these lettuces must be fairly tough. But good salad greens should be tender and succulent, harvested at the top of their sweet crispness, and used before any flavor is lost. The answer is to grow your salad greens at home. Choose the superior, tender sorts, plant them early and often, harvest

them at the height of their goodness, and then use them quickly.

Very little space is required for a complete salad garden—a plot 4 feet by 9 feet sufficing for an average small family. You'll succeed in growing good greens which will not be made bitter by hot weather, won't droop or bolt to seed in midsummer heat if they're grown in deep, rich, well-drained soil that is not soggy in spring or fall, but can be kept moist and shaded in summer.

By using the roll-up shade shown, the bed may be uncovered in spring and autumn, shaded in the dog days of July and August to bring out the best in your salad plants. Although there are many more herbs and vegetables you'll want to use in salads, the basic list at the right will give you a start. Add to it as you wish. Keep your beds well fed, well watered, shaded in hot weather, and you'll agree that "Good Salads must be Grown, not Bought."



### HOW TO BUILD THE SHADE:

Use 1" x 2" x 24" stakes to support a 1" x 2" frame, 12" above ground. Plasterer's laths are held together by heavy gardener's twine, looped and re-looped in chain stitch (left) about 2" being left between laths. Shade may be rolled up when not in use and stored in a corner of the garage.

### THE BASIC SALAD LETTUCES

(Plant 3½ foot rows, 1 foot apart)

**COOL WEATHER, AUTUMN-SPRING LETTUCES**  
BIG BOSTON MIGNONETTE  
BURPEEANA WAYAHEAD  
BIBB (not easy to grow in some areas)

**LOOSEHEAD—HOT WEATHER LETTUCES**  
GRAND RAPIDS OAKLEAF  
SIMPSON SALAD BOWL\*  
\*Especially good hot weather variety. All may be eaten young, using row thinnings.

### OTHER GREENS, SALAD VEGETABLES

#### TO GIVE PIQUANCE

CHIVES—Chop small, use generously.  
DANDELIONS—Use tender young leaves.  
NASTURTIUM—Use leaves, stems, seeds.  
ONIONS—Any—scallions, sliced large ones.  
UPLAND CRESS—(Pepper Grass).  
WATERCRESS—Grows in running water.

#### TO GIVE TEXTURE

ROMAINE (Cos)—Needs long season.  
GREEN CURLED ENDIVE—Use when young.

#### TO GIVE AROMATIC FLAVOR

CARROT TOPS—Use generously, chop well.  
CHERVIL—Chop well, use sparingly.  
MARJORAM—Less strong green than dried.  
PARSLEY—Use moderately.  
RADISH TOPS—Wash, cut in small bits.  
SUMMER SAVORY—Chop small.  
TARRAGON—(True French Type) Use sparingly.

#### TO GIVE CRUNCHINESS

CUCUMBERS—Use medium size, slice thinly.  
CARROTS—Use row thinnings, or half grown. Slice big ones "julienne" or shred.  
CELERY—Slice in small bits. Use tops, too.  
JERUSALEM ARTICHOKEs—Cut in slivers.  
RADISHES—Use young, whole or thin slices.  
SWEET PEPPER—Slice thinly, "julienne."

#### TO GIVE BLANDNESS

BURNET—Tender tips of leaves.  
CHARD—Swiss or Rhubarb type.  
CORN SALAD—(Lamb's lettuce).  
SPINACH—Tender young leaves, raw.

#### TO GIVE MEATINESS

TOMATOES—Cut up large ones, drain well. Try tiny Cherry or Pear Tomatoes, whole. Large pink, yellow, white varieties have less acid flavor.  
BEETS—Cook, Dice and add. Use young tops raw; young beets, cooked, whole.  
CAULIFLOWER—Cut into small bits; raw.  
RADISHES—Whole, or sliced.  
TURNIPS—Sweet young ones, sliced, raw.

