

## A Fresh Winter Salad

Tuesday, 26 January 2010 08:41 -

---



Here is a winter salad. The beet greens are growing outside in the coldframe we made from the square foot gardening box. The other greens were grown with mesclun mix in the Aerogarden inside. We are still anticipating the cherry tomatoes (yellow and red varieties). We've been getting greens from this setup for the past few months. Beet, Cabbage, Kale and other sturdy leafed greens make healthy additions to your winter diet. You can steam or fry them with spices and herbs too.