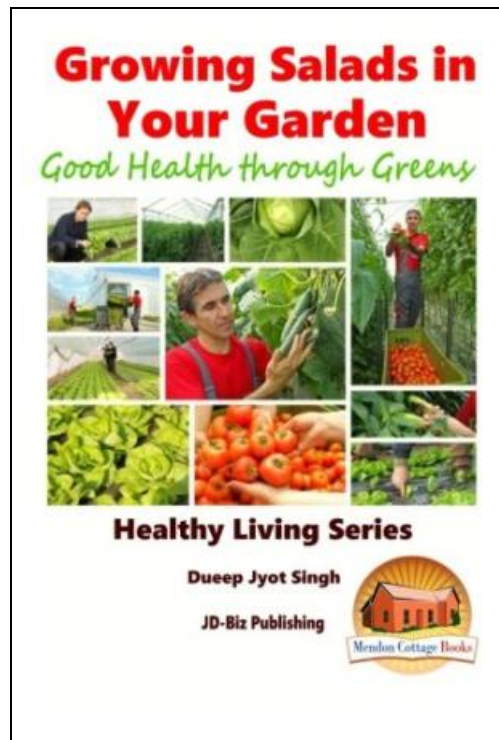


## Growing Salads in Your Garden - Good Health Through Greens (Paperback)



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## GROWING SALADS IN YOUR GARDEN - GOOD HEALTH THROUGH GREENS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Introduction Choosing the Best Location Cabbages and Savoys Spring cabbages Tips for Growing Cabbages Harvesting the Crop Summer and Autumn Cabbages Winter Cabbages Red cabbages Savoys Carrots Tips for Carrot Care Harvesting Your Carrots Clamping Lettuce, Mustard, and Cress Cos Lettuces Mustard and Cress American Cress Cucumbers Stopping Cucumbers Growing tips For Cucumbers Tomatoes Sowing of Seeds Onions Chives How to Make the Perfect Salad Salad Dressings Mayonnaise Thousand Island Dressing Green Goddess Dressing Conclusion Author Bio Publisher Introduction It does not matter whether you are an epicure, or just a person too busy to eat a meal in a leisurely fashion - the meal that you enjoy is often accompanied with a side dish of green leafy vegetables. These vegetables can include spinach, lettuce, cabbage leaves, and other green vegetables which are low in calories. No wonder so many dietitians recommend lots of salads as an excellent dieting food. Apart from these greens, salads can also be dishes of bite-size pieces, mixed with salad dressing or with spices and sauce So who were the first people to eat salads? According to historical books, the ancient Romans and Greeks were the first persons who mixed up greens with olive oil, and a salad dressing to eat as an accompaniment to their meals. The word Salad in itself comes from the Latin word for salt- salata- due to the reason that the Romans made a salad dressing of vinegar as well as brine or salt in which the salad greens were put before serving. Ancient Roman or Greek citizens kept good health with massages of olive oil, lots of exercise, and plenty of greens in salads. This book...



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