

September Salad

The heat of August usually leaves my garden by September with lots of tomatoes and no lettuce or leafy greens. But a good salad can be had with a few items in the refrigerator to go with the tomatoes. It's a good idea to keep some fermented veggies around for just such an occasion. Also, the dressing is quick to make—follow the link for the recipe but I used balsamic vinegar instead of apple cider vinegar for this batch. If your fermented veggies have a good mix you may not need the crispness of the cucumber slices that I list as optional. I made a batch of sauerkraut back in June with Chinese cabbage, carrot, and daikon radish so that is the mix I had and the radish provides a crisp texture.

Serves two:

2 tomatoes, chopped

1/2 cup fermented veggies (any home-made or store bought mix)

2 Tbsp. roasted sunflower seeds (I used soaked and dried [“crispy” sunflower seeds](#))

[miso mustard dressing](#)

cucumber slices optional

Mix the tomatoes with the fermented vegetables and divide into two salad bowls. Top with sunflower seeds and 1-2 Tbsp. dressing per bowl. Garnish with cucumber slices if desired. Serve immediately.

