



# Farm Fresh Living.com

healthy recipes from our farm to your family

*Stargazer Perennials Farm and Nursery, Summerville Oregon*

## Mesclun, Pear, Pecan and Gorgonzola Salad

Fresh salads are part of our everyday meals at the farm. In the winter we grow our own fresh, organic salad greens in a greenhouse and in the summer we harvest fresh greens from our garden. Salad recipes are versatile and can be added to based upon your own preference. I have added leftover shredded chicken to this salad before with tasty results! For a completely different variation and fresh taste, try adding smoked salmon.

Makes 12 servings (for smaller servings size cut recipe in 1/2)

4 large pears, firm  
1/4 cup pecan pieces  
1 tablespoon fresh lemon juice  
1 tablespoon fresh lemon zest  
6 ounces Gorgonzola or other creamy blue cheese  
12 cups organic mesclun mixed greens. washed, dried, and torn into bite-size pieces  
1 to 1 1/2 cups Asian Sesame Salad Dressing or [Basil Lovers Salad Dressing](#) depending on your taste preferences.

Peel and core the pears; cut the pears into 1/2-inch pieces and toss lightly with the lemon juice and lemon zest. Cover and refrigerate. Crumble the gorgonzola into small bits and add to the pears with the pecan pieces. Just prior to serving, toss the pear and cheese mixture and greens together with the Basil Lovers Salad Dressing. Serve immediately.

**What is Mesclun?** Mesclun is a salad mix of assorted small, young salad leaves. The mix varies depending on the source, but it may include lettuces, spinach, arugula, Swiss chard, mustard greens, endive, dandelion, frisée, mizuna, oak leaf, mâche, radicchio, sorrel, and/or other leafy vegetables. Mesclun salad greens contain Vitamin A, Vitamin C, beta-carotene, calcium, folate, fiber, and phytonutrients. Try to incorporate leafy greens into your diet everyday for a healthier you! Leafy vegetables are a good choice for a [healthful diet](#) because they do not contain cholesterol and are naturally low in calories and sodium. Leafy greens such as mesclun are rich in Phytonutrients which can act as antioxidants that help to prevent chronic diseases like cancer and heart disease. When choosing greens remember that red and dark green leafy vegetables are generally higher in nutrients than light-colored greens.

To protect against foodborne illness when eating greens, always grow your own organically. It's really easy... or purchase organically grown greens that are grown in the United States. Avoid organic salad mixes that come from other countries such as Mexico and South America where their health standards are more lax. Visit Stargazer Perennials for a complete selection of [organic salad green seeds](#) and mixes.

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