

# MIKE MEETS KATHY

Farmer Mike Youngquist and dining diva Kathy Casey share fresh Washington strawberries—a local favorite for any cook.

## MIKE YOUNGQUIST

MIKE AND JEAN'S FARM,  
PRODUCERS OF STRAWBERRIES,  
CAULIFLOWER, CUCUMBERS,  
PEAS AND OTHER ROW CROPS,  
MOUNT VERNON, WASHINGTON

### Strawberry & Spinach Salad

*With Sweet Onions and Poppy Seed Ginger Vinaigrette*

MAKES 6-8 SERVINGS AS A STARTER SALAD

#### Salad

- 3 cups strawberries, stemmed and quartered, or substitute another local berry, such as raspberries, blackberries or blueberries
- 2 bunches spinach, stemmed, washed well and spun dry (about 8-10 cups)
- 1/2 cup thinly sliced sweet white onions, such as Walla Walla Sweets
- 1/2 cup sliced almonds, toasted

Make the vinaigrette up to 2 days in advance.

**To make the vinaigrette:** Whisk together vinegar, ginger, mustard, honey, sugar, salt and pepper. Gradually whisk in oil, emulsifying vinaigrette. Stir in poppy seeds. Refrigerate until ready to use.

**To make the salad:** Toss spinach, berries and onions with vinaigrette. Sprinkle with almonds.

**Kathy's Tip:** The almonds can be substituted with toasted Washington hazelnuts. This salad is also excellent as an entrée salad, topped with grilled Washington chicken cut in strips.

#### Poppy Seed Ginger Vinaigrette

- 1/4 cup white wine vinegar
- 1 tablespoon finely minced fresh ginger
- 2 tablespoons Dijon mustard
- 3 tablespoons Washington honey
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup salad oil or light olive oil
- 2 teaspoons poppy seeds

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