

## **SALADS- ETYMOLOGY AND HISTORY**

SALAD –Basis for the word salad is ‘SAL’ meaning salt.

In Roman and Greek times, salt was always an ingredient in the dressing. Romans ate many salads –much like the green salads of today --- a simple selection of available raw vegetables with o/v, salt ,and herb, as a dressing. In Olde French the word is SALADE (COMPOSE) and in 14<sup>th</sup> century England it was called SALLET.

EUROPEAN COUNTRIES EAT MANY SALADS (AND HAVE FOR CENTURIES); NOT SO TRUE FOR OTHER PARTS OF THE WORLD.

MESCLUN – leafy greens – literally means mixture” of greens various colors/textures originated in Provence. Considered peasant food. Not in French cookbooks –Julia Child made no comment about mesclun in her cookbooks. (No connection between mescal (potent tequila) and mesclun. ) Today, it is avante garde and pricey.

Beginning of 20<sup>th</sup> century in US the home economics movement was strong they were obsessed with CoNTROL. It was considered sloppy or messy to have a pile of greens on plate so molded gelatin salads became popular In the 1920’s Perfection Salad was popular. Because they offered maximum control ‘Eventually control was relaxed and tossed salads were once again popular.

Today, we hope to inspire you to move beyond tossed salad and experiment with other ingredients in making a salad.