

SPRING SALAD



Photographs & Design by Sara Graca

During the winter and spring, Bill's most common meal is a garden salad of red romaine, argula, chives and dill with a drizzle of organic olive oil and vinegar.

Bill uses each green for its unique flavor and nutrition.

1 Red Romaine
Red romaine is a crisp green with a deep taste. Red romaine is the lettuce with the highest amounts of antioxidants, which reduce the risk of cancer.

2 Argula
Arugula has a light spicy and peppery flavor. In addition to being high in antioxidants, argula is also a good source of vitamins A and C.

3 Chives
Chives have a mild onion flavor. The organosulfur compounds they contain inhibit tumor growth and cell proliferation, by arresting the cell cycle of tumor cells.

4 Dill
Dill has a tangy flavor. In addition to its chemoprotective and bacteriostatic properties, dill is a very good source of calcium.

