

July's Peach and Daylily Salad

Ingredients

- 4-5 cups baby arugula
- 15-20 daylily flowers
- 2 large peaches (or 4 small peaches)
- 1 medium shallot
- ½ cup chopped walnuts
- 1 tbsp. poppyseeds
- 1 lemon (juice only)
- ¼ cup olive oil
- 1 clove garlic
- 1 tbsp. maple syrup
- 1 tbsp. miso paste
- ½ tsp. minced ginger
- Salt and pepper, to taste

Steps

1. To make this salad, start by separating the daylily petals (you can also include the stamen) and washing and spinning dry the daylilies and arugula. Add them to a large bowl.
2. To peel the peaches, boil a pot of water and prepare a bowl of ice water. Once boiling, place the peaches in the pot and boil for 30 seconds. Transfer the peaches to the ice water and let cool. At this point the skins should easily rub off. Cut the peach in half, remove the pit, and slice into thin slices and add them to the salad bowl. Thinly slice the shallots and add them to the bowl as well.
3. Roughly chop the walnuts, and add them along with the poppyseeds to a small skillet. Toast for a couple minutes, stirring frequently, until fragrant, making sure that nothing burns. Add them to the salad.
4. Mince the garlic and ginger, and add them to a jar along with the lemon juice, olive oil, maple syrup, and miso paste. Shake or stir well to combine, and season with salt and pepper to taste. Pour the dressing over the salad and toss to coat everything well. Serve and enjoy.

