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For Immediate Release

Tony Abruscato's Show-Stopping Salad

Garden Gourmet Series Returns to the Chicago Flower & Garden Show

CHICAGO (Oct. 26, 2011) – Tony Abruscato says the secret to a good salad is the right mix of ingredients, with dashes of flavor, freshness and color.

The same can be said of the annual Chicago Flower & Garden Show, which, under Abruscato's direction, features an array of stunning specialty gardens and the Midwest's brightest talents – including the area's best chefs.

The Chicago Flower & Garden Show returns to Navy Pier March 10-18, 2012, featuring the popular (and delicious) Garden Gourmet series of cooking demonstrations, presentations and workshops. Visitors will walk away with recipes they can try at home, and fresh ideas for that “something different” they can serve their families. Meanwhile, Abruscato can be found mixing up his Show-Stopping Salad any time of year.

“I'm not kidding when I say I make this salad all the time. It represents the best of the collective garden, is beautifully presented and easily put together,” he says. “As the weather starts getting colder, it's also a reminder that spring is always around the corner, just like the Chicago Flower & Garden Show.”

Tony Abruscato's Show-Stopping Salad

8 cups organic or home-grown lettuce
1 bunch baby arugula
1 tablespoon fresh or home-grown mint leaves
½ cup fresh or home-grown basil leaves
3 tablespoons virgin olive oil
3 tablespoons red wine vinegar
1 teaspoon freshly-squeezed lemon juice
¼ teaspoon fresh ground salt
1/8 teaspoon fresh ground pepper

- more -



Tony Abruscato's Show-Stopping Salad // Add One

2 ripened or home-grown tomatoes cut into quarters or wedges
1 small cucumber, peeled and sliced thin
½ cup organic or home-grown carrots, julienned
¼ cup pitted black and green olives
1 bulb fennel, sliced
Shredded cheese, as desired

1. Rinse all greens, tearing them into bite-sized pieces. Chop herbs finely. Mix. Set aside.
2. In a large salad bowl, whisk together olive oil, red wine vinegar, lemon juice, salt and pepper.
3. Add tomatoes, cucumbers, carrots, olives and fennel. Stir to coat with the oil-vinegar mixture.
4. Add lettuce, arugula and chopped herbs, tossing until greens are coated.

Sprinkle with your favorite shredded cheese, as desired. Serves four.

For more information about the Chicago Flower & Garden Show – including chefs and presenters at the Garden Gourmet series – please visit www.ChicagoFlower.com.

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About Flower Show Productions, Inc.

Flower Show Productions, Inc. is the production company for the annual Chicago Flower & Garden Show at Navy Pier, and for grand-scale public events that celebrate sustainable living and eco-friendly lifestyles. The company provides year-round messaging, education and information about the benefits of earth-friendly choices to our yards, neighborhoods, communities and the planet. For information, please visit <http://flowershowproductions.com>. For information about the Chicago Flower & Garden Show, please visit www.chicagoflower.com.