



Celebrating Diversity for National Salad Month

Once described as a melting pot, America has been described in more recent decades as a salad bowl with its many cultural groups maintaining their own identities instead of "melting" into the identity of the dominant culture. May is [National Salad Month](#), and this issue of Multicultural Moment will celebrate diversity through a dish that is diverse in different ways.

History of Salad. What is the origin of the word "salad," and how has the salad evolved?

- The word "salad" is based on the Latin root "sal," meaning "salt," and is likely a reference to seasoned (or salted) vegetables. (<https://www.etymonline.com/word/salad>)
- According to [Food Timeline](#), dishes that resemble what we now call salads were served in Ancient and medieval times in various forms, commonly dressed in oil, vinegar, and herbs. In the late 19th century, the typical tossed salad of fresh greens became less popular in favor of the more variation with separated ingredients artfully arranged in the bowl.
- According to the blog post, [Why are they called salads?](#), chefs in the 1700s created more complex, layered salads, making way for the contemporary Cesar and Cobb salads we see today.

The Data on Salad. Data on salad consumption and demographics of those who eat salad are plentiful.

- Salad is a popular item in US restaurants, with more than 76% of establishments offering salads on the menu during the pandemic, a slight decline from previous years. While salads are often paired with soups and sandwiches, beer is the most common salad partner! Read more data about salad [here](#).
- According to a 2019 entry on Fun Facts, the world's largest salad was made in Moscow in 2016, weighing more than 44,000 pounds. The most expensive salad, made by a celebrity chef in London in 2010, cost about \$830 US dollars. Read more fun facts about salads on [Interesting facts about salads | Just Fun Facts](#)
- The US Department of Agriculture compiles data on salad consumption in America. According to the [2018 briefing](#), salad was consumed more often in higher-income households, with women consuming more salad than men (23% vs. 16%) do. Lettuce or green leafy vegetables were the most common ingredient in salads and appeared in 86% of salads.
- For data on the financial impact of salads, check out this [2009 infographic](#) that presents salad ingredient consumption by the cost and weight.

The Diversity of Salad. Salads are just as varied as the languages and cultures of those who consume them and can symbolize more than just a meal.

- The "Three Sisters" salad, common among Indigenous tribes, features three key ingredients: corn, beans, and squash. These three "sister" ingredients are represented in the [Three Sisters story](#). You can make the salad following the recipe in this [video](#).
- From the conch salad popular in South Florida and the Bahamas to the Färskpotatissallad (Swedish potato salad) to the Lazare voatabia (tomato and onion) salad of Madagascar, Taste Atlas has assembled a collection of [100 popular recipes from around the world](#) for you to try and to enjoy.
- While salads are often viewed as a nutritious food option for lunch or dinner, the dish has emerged on [breakfast](#) (with common ingredients such as eggs, fruit, and avocado) and [dessert](#) (e.g., ambrosia or Jell-O salad) menus.
- Salad is not only diverse in its ingredients, but it has become a metaphor that represents more than just the diversity of America by crossing social, technological, and artistic boundaries.
 - In this Ted Talk, [How a Simple Salad Grew into a Movement that Changed Inmates' Lives](#), a Texas correctional officer talks about a simple salad created by "Herbs Behind Bars" program to develop herb gardens in prison.
 - The open-source cloud community app [salad](#) was founded to "bring people together as one...to share latent compute resources from their idle PCs" on a network called "The Kitchen." The organization encourages its users (called Salad Chefs) to collaborate to "decentralize the cloud."
 - Perhaps you have noticed salad displays of flowers made of radishes and animal-shaped cucumbers. As explained in the New York Times article, ["How to Make Salad into Art."](#) Enjoy this and other videos of [salad art creations](#) from YouTuber Italy Paul that might be too decorative for consumption.

May we avoid blaming or bias based on our circumstance and continue to be grateful for the gifts of the global community.

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