

The Fall Green Salad Planner

A printable companion to Green Salad with Apples, Cranberries and Pepitas

Print this planner and keep it with your autumn recipes. It gives you the shopping list, the dressing ratio, an apple variety card, the pepita toasting steps, a make-ahead timeline and tables for scaling and storing — everything you need to build this salad for two or for thirty without scrolling back through the article.

Shopping List

Section	Item	On hand?
Produce	Spring greens or baby salad leaves — 5 oz (about 5 packed cups)	
Produce	Crisp green apple — 1 large or 2 small (Granny Smith, Honeycrisp or Braeburn)	
Pantry	Dried cranberries — 1/3 cup	
Pantry	Pepitas / raw green pumpkin seeds — 1/4 cup (not the salted snack kind)	
Fridge	Chilled goat cheese — 2 oz	
Pantry	Extra-virgin olive oil — 1/4 cup	
Pantry	Apple cider vinegar — 1 1/2 tbsp	
Pantry	Honey or maple syrup — 1 1/2 tsp	
Pantry	Dijon mustard — 1 tsp	
Pantry	Fine salt — 1/4 tsp, plus a pinch for the apple brine	
Optional	Soft herbs — flat-leaf parsley, mint or chives, small handful	
Optional	Pomegranate seeds, walnut oil, or blue cheese for a variation	

Dressing Ratio Card

Once you know the ratio you never need to measure again. Keep the jar in the fridge and shake it before every use.

Part	Ingredient	For 4 – 6 servings	To scale up
3 parts	Extra-virgin olive oil	1/4 cup	3 tbsp per part
1 part	Apple cider vinegar	1 1/2 tbsp	1 tbsp per part
A little sweet	Honey or maple syrup	1 1/2 tsp	1/2 tsp per part
A little sharp	Dijon mustard	1 tsp	1/3 tsp per part

Part	Ingredient	For 4 – 6 servings	To scale up
Seasoning	Fine salt	1/4 tsp	a pinch per part
Seasoning	Freshly ground black pepper	to taste	to taste

The mustard is the emulsifier. Without it the oil and vinegar separate and the dressing slides off the leaves instead of coating them. Never skip it.

Apple Variety Card

Apple	Acidity	Texture	Use it here?
Granny Smith	High	Very crisp	Yes — the classic
Honeycrisp	Medium	Explosively crisp	Yes — use a little less honey
Braeburn	Medium-high	Crisp	Yes — excellent balance
Pink Lady	High	Firm	Yes — holds colour once cut
Fuji	Low	Crisp but sweet	Yes — salad will lean sweeter
Red Delicious	Low	Mealy	No — skip it

To stop slices browning, soak them in cold water with a quarter teaspoon of salt for three minutes, then drain and pat dry. Lemon works too but leaves the apple sour.

Toasting the Pepitas

1. Set a dry skillet over medium heat and let it come up for about two minutes. No oil in the pan.
2. Add the pepitas in a single layer, shake the pan, and turn the heat down to medium-low.
3. Stir every twenty seconds. After about three minutes they smell nutty and start to pop.
4. Pull them off the heat the moment the edges go golden and a few seeds have split.
5. Tip into a bowl to cool — a hot pan keeps browning them into bitterness.

Burnt seeds are bitter and cannot be rescued. If they scorch, start again; two minutes of work costs less than a spoiled salad.

Do-Ahead Timeline

Up to 1 week ahead	Toast the pepitas and store them airtight at room temperature. Make the dressing and refrigerate it in a lidded jar.
Up to 2 days ahead	Wash and thoroughly dry the greens. Store them in a bag with a paper towel to absorb moisture.
1 hour ahead	Chill the goat cheese. Bring the dressing out of the fridge so the olive oil can loosen.
10 minutes ahead	Assemble everything except the apple and the dressing. Wide shallow bowl, two tablespoons of dressing, toss.

Last minute

Slice the apple, lay it over the salad, crumble the cheese, fold once or twice and serve.

Assembly Checklist

- Greens are properly dry — dressing slides off wet leaves and pools in the bowl.
- Dressing has been shaken and tastes balanced: sharp, but not aggressive.
- Pepitas are toasted, cooled and audibly crisp.
- Cranberries are scattered, not clumped in one corner.
- Apple is sliced thin, about an eighth of an inch, and added last.
- Cheese was crumbled cold, straight from the fridge, over the bowl.
- Leaves look glossy and lightly coated — never wet, never sitting in a pool.

Scaling to a Crowd

Guests	Greens	Apple	Cranberries	Pepitas	Cheese	Dressing
4 – 6 sides	5 oz	1 large	1/3 cup	1/4 cup	2 oz	about 1/3 cup
8 – 10 sides	10 oz	2 large	2/3 cup	1/2 cup	4 oz	2/3 cup
12 – 14 sides	15 oz	3 large	1 cup	3/4 cup	6 oz	1 cup
20 – 25 sides	25 oz	5 large	1 3/4 cups	1 1/4 cups	10 oz	1 2/3 cups
28 – 30 sides	30 oz	6 large	2 cups	1 1/2 cups	12 oz	2 cups

For crowds, build the salad in two or three smaller bowls rather than one deep one. Set out only what will be eaten and refill from a bowl kept cold inside.

Storage Table

Item	How to store	Keeps
Undressed greens	Airtight bag or box with a paper towel	3 – 4 days
Dressing	Lidded jar in the fridge; shake before use	1 week
Toasted pepitas	Airtight jar at room temperature, away from heat	2 weeks
Dried cranberries	Resealable bag in the pantry	Several months
Sliced apple	Brine-drained, zip bag in the fridge	1 day
Dressed salad	Not worth keeping — eat it fresh	—

Food safety: anything with cheese should not sit out for more than two hours, or one hour in a warm room. Do not add fresh salad to a bowl that has been standing out.

Cut-Out Labels and Gift Tags

Cut along the lines and tie one to each jar of dressing with kitchen twine.

Apple cider vinaigrette — shake well before use. Keeps 1 week chilled.

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Whatever you keep, whatever you grow, give thanks wherever you go.

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