Ingredients

* 6 heads lettuce, chopped
* 1 lb arugula, chopped
* 4 lbs seasonal fresh fruit (apples, pears, strawberries, grapes, etc)
* 2 lbs carrots, shredded
* 1 lb sunflower seeds
* a bunch of fresh herbs
* 1 cup oil
* 1/3 cup balsamic vinegar
* 6 cloves garlic, finely minced
* 1 TBS brown sugar
* salt and pepper to taste

Procedure

1. Place a nonstick skillet on medium heat and pour in sunflower seeds. Toast for 1-2 minutes, until fragrant. Remove from heat and set aside.
2. Chop your ripe fruit into bite size pieces. Put in a large bowl on top of the lettuce carrots, fresh herbs, and arugula.
3. In a separate bowl, mix vinegar, garlic, a little salt and pepper, and brown sugar. Slowly drizzle in oil, while stirring vigorously. Taste, season with salt, pepper, and/or sugar, and dress the salad. Toss to evenly coat the vegetables.