











Season: Late Autumn, Winter, and early Spring
From the garden: Cabbage, carrot, kohlrabi, kale, chives, parsley or coriander, apples, lemon
Type: Salad
Difficulty: Medium
Country of origin: New Zealand
Serves: 6 adult serves, or 20-30 tastes in the classroom
Source: Sarah James, Owairaka District School
 Adapted from Noreen Hiskey at www.picturetherecipe.com

Equipment

-  Chef knives
-  Cutting boards
-  Large bowl
-  Vegetable peeler
-  Graters
-  Small bowl
-  Measuring cups
-  Measuring spoons
-  Lemon squeezer/juicer
-  Zester or microplane


Ingredients

-  2 ½ cups cabbage
-  1 small bunch of young kale leaves
-  1 kohlrabi (optional)
-  1 carrot
-  A small bunch of chives
-  A small bunch of parsley or coriander
-  2-3 apples
-  2 tablespoons olive oil
-  1 tablespoon apple cider vinegar
-  Juice and zest of one lime or lemon
-  1 tablespoon honey
-  1/2 teaspoon salt
-  Pepper to taste

How to make it

1. First, prepare the vegetables. As you prepare each vegetable, add it to a large bowl. Cut the cabbage into quarters and slice thinly from one end until you have 2 ½ cups cabbage. Thinly slice the kale. If using kohlrabi, peel off the tough outer skin and grate. Grate the carrot. Finely chop the parsley. Thinly slice the chives.
2. Before cutting the apples, make the dressing. Combine the olive oil, apple cider vinegar, lemon juice, lemon zest, and honey in a small bowl and use a whisk to mix.
3. Julienne the apples (cut the apples into thin matchsticks). Add the apple to the vegetable ingredients.
4. Pour the dressing over the salad ingredients and gently toss until coated in the dressing.

Notes:

-  You can use purple cabbage, green cabbage, or a mix in this recipe. Purple cabbage is especially beautiful to make a rainbow salad

Skills:

-  Slicing, grating, whisking, measuring, chopping.