



Greenmarket Recipe Series

Winter Root Salad with Beet, Kholrabi, Radish and Apple in a Reduced Cider Vinaigrette

*Recipe by Jill Fergus @feedtheswimmers
for Union Square Greenmarket's #gmktcookinglessons*

This salad is a delightful and bright celebration of winter produce. It's a little crispy, a little sweet, a little spicy, very refreshing and requires very little effort and very few ingredients. When slicing up the veggies, vary the shapes and thickness to provide nice texture in each bite. I love topping this with toasted nuts and seeds. Here I simply added some slivered almonds as that's what I was craving, but this is amazing with toasted pumpkin seeds, sunflower and/or sesame seeds for added crunch and nutrition.

Leftovers are great tossed with grains and a little extra dressing or julienned and added to a slaw. The vinaigrette is also so simple and packed with flavor. I always make extra to have on hand for leftovers or other salad creations and is also amazing drizzled in roasted winter squash and pumpkin. And, as in most of my recipes, adjust to taste- use more of what you love and decrease where you're so inclined.

INGREDIENTS

*3-4 (about 8 oz, 225 gr) small beets, assorted, peeled

*1 medium kholrabi, (6 oz, 175 gr) green or purple, peeled

*1 Apple (about 8 oz, 225 gr), I love a sweet, tart and crispy variety like Pink Lady

*3 radishes (about 6 oz, 175 gr), I love to assort the colors and "spice" (if flavor profile not labeled, ask your farmer)

*1 medium carrot (about 4 oz, 120 gr)

*3 large handfuls Pea shoots or favorite micro green

Vinaigrette

*1/2 cup cider vinegar

1/2 cup extra virgin olive oil

1 tsp Dijon mustard

Flake sea salt

Fresh ground pepper

****Ingredients available seasonally at your local Greenmarket***

RECIPE

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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1. Wash all veggies and dry, scrubbing beets to remove all dirt.
2. In your smallest saucepan, reduce cider vinegar by half over medium heat. This will simply take about 2-3 minutes and really adds beautiful depth of flavor. This step is optional, but highly recommended.
3. Whisk vinegar and olive oil with mustard until emulsified and season with salt and pepper to suit your taste. You may also adjust the acid:oil ratio to your preference. Set aside. This recipe will make more than you need. I love having extra of the delicious dressing on hand!
4. Using a mandolin, vegetable peeler or shark knife, shave or thinly slice vegetables. You may adjust the thickness of each to play with texture, flavor and shape. Slice apple a little thicker so it retains its crunch. Toss with vinaigrette, 2 Tbs at a time to taste until well coated.
5. Pile pea shoots and or micro green in a bowl and top with dressed veggies and sprinkle with almonds and or seeds if using.

Serve immediately.

Thanks Farmers!

Tamarack Hollow- radish

Norwich Meadow Farm- beets, kohlrabi

Migliorelli Farm- apples

Race Farm- Apple cider vinegar

She Wolf Bakery- sourdough bread

Windfall Farms- pea shoots and micro greens

Feisty Acres Farm- beet pickled quail eggs

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