

GARDEN EDUCATION

MODULE FOUR – ALL GRADES

GRATED ROOT SALAD

Salad ingredients:

- 1 apple
- 1 rutabaga
- 1 golden beet
- 2 carrots
- 1 leafy green leaf per child
- 4 shallot leaves
- A couple of thyme sprigs

**Any root vegetables, greens, alliums (onion family), or herbs can be substituted. Just be sure that you consider the balance that you're creating with sweeter vs. bitter flavors.*

Directions:

- Scrub the rutabaga, golden beet and carrots with the vegetable scrubber and pat dry.
- Cut off the tops and roots of the root vegetables.
- Grate the rutabaga, carrot, and beet into a bowl.
- Cut the apple into matchsticks and add to the bowl.
- Cut or tear the leafy greens and add to the bowl.
- Finely dice up the shallots for the dressing and place in a small bowl.
- Strip the leaves from a couple of thyme sprigs and add to the shallot.

Vinaigrette ingredients:

Whisk in a separate bowl

- 1/3 cup extra-virgin olive oil
- 4 shallot leaves, finely diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon dry mustard
- They tiny leaves stripped from a couple of thyme sprigs
- Kosher salt and freshly ground pepper to taste

Combine “dressing” ingredients in a small bowl, mixing well with the whisk. Drizzle over the ingredients in the large bowl and toss.

Serve and enjoy!