

ALMUT'S LOCAL SALAD

Salad suggestion for the wintertime, when it is hard to get fresh greens, with only LOCAL ingredients – and still get a hardy and tasty salad!

Ingredients:

- Nappa Cabbage
- Watermelon Radish
- 1 Small Onion
- 1 Golden or Red Beet
- Pumpkin Seeds, Pecans or Walnuts

Optional: raw Kale if desired (and still local)

Preparation:

Cut up the Nappa Cabbage finely (and Kale if included), cut the Onion, shred or juliennate the Watermelon Radish and Beets, add the chopped-up nuts and seeds. Serve fresh in a bowl with your favourite dressing.

Almut's Dressing:

- Sunflower Oil (Mat's)
- Apple Cider Vinegar
- Mustard
- Maple Syrup
- Garlic
- Salt and Pepper

Choose the amounts and ratio according to your preferences. Blend with a hand blender until creamy and add to salad. Enjoy the local goodness!