

EVERBLOSSOM FARM RECIPES

JUNE #7

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KOHLRABI AND APPLE SALAD WITH CREAMY MUSTARD DRESSING

The German translation for Kohlrabi is “cabbage turnip.” You’ll find, however, that it’s not much like a cabbage or a turnip and it has a slight broccoli flavor. Confused yet? Well, just try it. You’ll like it, especially in this recipe adapted from one I found at epicurious.com.

Kohlrabi and Apple Salad with Creamy Mustard Dressing

Serves 2 to 4 as a side

- 1 tablespoon sour cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon of your favorite mustard
- Salt & pepper
- 3 tablespoons finely chopped fresh parsley leaves
- ½ teaspoon sugar
- 2 medium kohlrabi bulbs peeled and cut into julienne strips, stems discarded
- 1 Granny Smith apple, peeled, cored, and diced

In a bowl stir together the sour cream, lemon juice, mustard, parsley, sugar, and salt and pepper to taste. Stir in the kohlrabi strips and the apple, and combine the salad well.

Kitchen Notes: Kohlrabi is also often eaten raw and in salad. All you need to do is peel and chop it into bite-sized pieces.

FROM OUR FIELD TO YOUR FAMILY, SERVING SUGGESTIONS FOR THE NATURALLY-GROWN VEGETABLES WE ALL LOVE.

JOHN AND ELAINE BRANIGAN

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