



## Greenmarket Recipe Series

**Natural  
Gourmet  
Institute**

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### **KOHLRABI, CARROT & APPLE SLAW**

Recipe by Natural Gourmet Institute

SERVES 8

**Ingredients:**

- 2 medium kohlrabi (about 1 pound),\* peeled, cut into matchsticks
- 2 pounds carrots,\* peeled, cut into matchsticks
- 2 medium crisp apples (jonagold, mutsu or pink lady),\* cut into matchsticks
- 2 stalks celery, thinly sliced on a diagonal
- 1 small red onion, thinly sliced
- 2 tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon honey\*
- ½ teaspoon salt
- Pinch black pepper
- ¼ cup olive oil

*\*Ingredients available seasonally at your neighborhood Greenmarket*

**Directions:**

1. In a large bowl, combine kohlrabi, carrots, apples, celery and red onion.
2. In a separate bowl, whisk together apple cider vinegar, Dijon mustard, honey, sea salt and pepper. While continually whisking, slowly stream in olive oil.
3. Toss vegetables with vinaigrette. Serve immediately, or chill for 30 minutes before serving.

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](http://www.growNYC.org).

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