

# Winter Vegetable Salad

Adapted from Anna Olsen - Food Network Canada



## INGREDIENTS

- 1 lb beets
- 1 1/2 lb yellow potatoes
- 1 lb celery root (1 medium)
- 6 tbsp olive oil
- 1 tbsp white vinegar
- 1 tbsp horseradish
- 1 tsp dijon mustard
- 1 tbsp dried dill or 2 tbsp chopped fresh
- 1/4 cup mayonnaise
- 1/3 cup sour cream

## DIRECTIONS

1. Preheat oven to 350° F.
2. Peel and chop beets, potatoes, and celery root. Place each in separate baking dishes and toss each with 2 Tbsp of oil and season with salt and pepper. Cover each dish with foil and bake until each is tender (celery root takes about 30 minutes, potatoes about 40 minutes and beets 50 minutes). Let cool.
3. Whisk vinegar, horseradish, mustard, dill, mayonnaise and sour cream together. Stir in cool vegetables and season with salt and pepper.
4. Salad can be prepared the day before. Stir a few times while chilling.

This salad does provide some protein, but if you need more, we recommend curried chickpeas or BBQ chicken. This dish would make a great complement to an early spring BBQ!

## A ROOT ONLY A MOTHER COULD LOVE

Celery root or celeriac (sell-air-e-ak) may not be the best looking root in the cellar, but it's a keeper! Meaning, it keeps well in cold storage for many months. The beauty in your bag was harvested in October and will add the taste of fall to this month's recipe. To prepare, top and tail celeriac, then use your knife to cut away the tough outer skin. Expect to discard about a quarter of the celeriac (better yet, put discards in your freezer for soup stock). Chop into 1/4" pieces. Any leftover celeriac can be turned into "celeriach mash" by adding 2 garlic cloves and enough water or milk to cover. Bring to boil, simmer for 20-30 minutes. Drain any excess liquid and mash with a potato masher or blend with a hand mixer for a creamier texture. Season with salt and pepper.

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As the days get longer and cold storage supplies run low, we are grateful for farmers who utilize greenhouses or hoop houses to extend the growing season. The first spinach of spring comes to you from an outdoor, moveable hoop house at Fiddle Foot Farm in Mulmur. A hoop house is similar to a greenhouse but does not have a supplemental source of heat and has a characteristic hoop shape. The cucumber in your bag was greenhouse grown in the Holland Marsh. The big beautiful beets in your pack are the last cold storage item from Am Braigh Farm in Mono. Enjoy! We won't see beets again until the summer. The potatoes in your pack are from Downey Farms and the celeriac is from Fiddle Foot. Enjoy the fresh loaf of Amanda's potato bread in your bag with a dollop of either raspberry or blueberry jam from Rebecca at Landman Gardens and Bakery. So nice to have a little bit of summer in March. Thanks for supporting the local food economy in Headwaters!

## Get the Kids in the Kitchen!

Research shows that when children help prepare meals they are more likely to eat them. Ask your kids to wash the spinach, beets, potatoes and celeriac. If old enough, have them peel potatoes and beets. They can measure ingredients and whisk them together. Have them help with clean up and packing leftovers in their lunch!

## Nutrition Report

A+

**Vitamin K**

Celeriac and spinach are excellent sources of vitamin K. An important vitamin for bone growth and blood health. It may also reduce neural damage in the brain as we age.

A

**Phosphorus**

Beets and celeriac are good sources of phosphorus, an important mineral for cell metabolism and teeth formation.

B+

**Iron**

Spinach is a good source of iron. Iron is a mineral required for healthy blood and the transport of oxygen in our bodies.

## this month's food is from...

**Fiddle Foot Farm**

[fiddlefootfarm.com](http://fiddlefootfarm.com)

**Landman Gardens & Bakery**

[landmangardens.ca](http://landmangardens.ca)

**Amanda's Country Bakery**

[amandascountrybakery.ca](http://amandascountrybakery.ca)

**Am Braigh Farm**

[ambraighfarm.com](http://ambraighfarm.com)

**Downey Farms**

[downeyfarms.ca](http://downeyfarms.ca)

**Foodland Shelburne**

[foodlandshelburne](http://foodlandshelburne)

The Local Food Club is a project of Headwaters Food & Farming Alliance, in partnership with Headwaters Communities in Action with support from the Ontario Trillium Foundation.

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[hffa.ca/farmtoschool](http://hffa.ca/farmtoschool)



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