

Angelic Beetroot & Kohl Rabi Salad

We hope you enjoyed the Easter break (we did manage to have some time off on Sunday, hurrah!). If you've over-indulged on the roast dinner and chocolate front however, you may well be in the right frame of mind for this super virtuous raw salad. Kohl rabi is a member of the cabbage family, but more rooty: it's yummy raw in coleslaws and salads, or roasted alongside sweet potatoes and other roots. Kohl rabi is nutritious, low-calorie and filling, so perfect after a naughty food blow out. Beetroot is good for maintaining cardiovascular health too. Nigel Slater does a lovely version of this recipe using grapefruit. Mix with leftovers too: this could provide enough virtue to make up for adding some cheese or bacon...

Serves 2

- 1/2 kohlrabi, thinly sliced
- 1 beetroot
- 1 large carrot
- 1/2 small onion, thinly sliced
- 1 orange, peeled & thinly sliced
- 3 tbsp olive oil
- 1/2 clove garlic, crushed
- 2 tbsp natural yoghurt
- pinch mint & parsley
- salt & freshly ground black pepper
- 2 tbsp lemon juice



Grate the washed beetroot and carrot, and cover with a little lemon juice. Mix the garlic, yoghurt, herbs and seasoning together, and stir in the grated beetroot mixture. Drizzle a little oil over the kohlrabi cut into thin half-moons, onion and orange, and season with salt and pepper. Spoon the beetroot mixture over the other sliced vegetables and fruit, and add a pinch more chopped herbs and squeeze of lemon juice to serve.



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This week we love... Local yoghurt

Regular customers in the shop will know that on Thursday mornings our chiller resembles a jigsaw puzzle, with all the milk and cheese crammed in and the hope that we'll be able to make room for all our **Paul's Pies**, which are delivered that later that evening!

Therefore we have just invested in a second shiny chiller for the shop, so that we can expand our range of dairy and extra exciting meaty products.



Do you have a favourite brand of yoghurt that you'd like us to stock? So far we have **Brinkworth** natural yoghurt, which is popular because it is so local and yummy. We also keep a regular supply of **Yeo Valley** organic low fat natural yoghurt from Somerset. We have discovered **Tim's Dairy** from Somerset too – a lovely creamy variety of fruity flavours for a healthy treat. But would you like us to stock **soya yoghurt** too; and do you know of any other locally made yoghurt? Get in touch via our website or Facebook page, drop Kate Robinson an email below, or tell us your thoughts when you are next in the shop!

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Sunday 11am-4pm

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