



Purple Carrot Coleslaw

Jo-Ann Aay, Aay's Fresh Herbs
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Ingredients:

¼ purple cabbage
¼ green cabbage
3 grated medium purple carrots
1 grated orange carrot
1 Spanish onion chopped
2 spring onions chopped
1 tablespoon Coriander
1 tablespoon Chives
1 tablespoon Parsley flat leaf
Salt & pepper

Dressing

use 2 whole eggs a drop of lemon juice a table spoon of dijon mustard and slowly add oil vegetable oil and then just season to taste there is a chance of splitting it so make sure you add the oil slowly if the oil flavour is to strong add more mustard and lemon juice If it doesn't work can also use a whisk just will take a bit longer

Purple Carrot Honey Muffins

Ingredients:

1 cup wholemeal self-raising flour
1 cup plain self-raising flour
1/3 cup plain flour
1/2 teaspoon mixed spice
1/2 cup firmly packed brown sugar
2 cups grated purple carrots
1/4 cup honey
2 eggs, lightly beaten
1 cup buttermilk
1/3 cup vegetable oil

Method:

Preheat oven to 180°C fan-forced. Line a 12-hole, muffin pan with paper cases.
Sift flours and spice into a bowl. Stir in sugar and carrot. Whisk honey, eggs, buttermilk and oil together in a jug. Add honey mixture to flour. Mix until just combined
Spoon mixture into muffin holes until three-quarters full. Bake for 25 minutes, or until cooked

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Ingredients

Cabbage – purple and green

Purple Carrots
Orange Carrots

Spanish Onion
Spring Onion

Herbs

Honey
Eggs

Stallholders

[Patlin Gardens](#) (site 75), [Golden BC](#) (site 78), [Hart's Vegetables](#) (site 80),
[Alnda Farms](#) (site 84), [Virgara's Garden](#) (site 52), [N&M Tsimklis](#) (site 56)
[Aay's Fresh Herbs](#) (site 92); [Patlin Gardens](#) (site 75)
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[Aay's Fresh Herbs](#) (site 92); [Salad Greens & Kitchen Herbs](#) (site 95);
[Hillside Herbs](#) (site 88)
[Do Bee Honey](#) (site 1); [Honey Lady](#) (site 34)
[Rosie's Free Range Eggs](#) (site 40); [Rohde's Free Range Eggs](#) (site 65)