



Local Missouri Apple Slaw

1/2 Cup Mayonnaise
1/2 Cup Sour cream
2 Green Onions (minced)
2 Tabl. Red Wine Vinegar
Ground Cinnamon to taste
Sea Salt to taste
1/2 tsp. Poppy Seeds
1 lb Bag Cole Slaw Mix
4 Local Missouri Apples (shredded or chopped)
1/2 cup Raisins
1/2 Local Missouri Pecans (chopped)

In a large mixing bowl, combine sour cream, mayonnaise, vinegar, poppy seeds, cinnamon and salt. Mix into a dressing. Add slaw, raisins, apples, nuts and onions and toss. Chill before serving.

Chef Jasper Mirabile Jr. and Hen House Markets

Jasper's Notes: Love those Missouri apples...back in 1897 over 30 million bushels of apples were grown in Missouri, which is the largest crop on record in the state. Fall apple varieties grown were Maiden Blush, Wealthy, Jeffries, Grimes Golden, Jonathan, and Rome Beauty. In the 1890's, Missouri was the center of activity for growing apples in the U.S. as production shifted from the eastern states to the midwest. Apples were transported in wooden barrels by rail cars and boats to such destinations as Sioux City, Minneapolis, Detroit, Buffalo, Philadelphia, Baltimore, Birmingham, Mobile, New Orleans, Galveston, as well as European ports.

