Orange, Fennel and Shaved Cabbage Salad

**Equipment**
- Knife
- Chopping Board
- 1 large bowl
- Whisk
- Salad Spinner
- Scissors
- Mandolin

**Ingredients**
- 4 oranges
- 1 Baby cabbage
- 1 fennel bulb
- 1 tablespoon red wine vinegar
- 1/4 cup olive oil
- Salt and Ground pepper

**From the Garden**
- Oranges
- Fennel
- Cabbage

**What to do**

1. **Segmenting the oranges**
   
   Use either a small or large knife. Top and tail oranges to give you a steady flat surface. Carefully carve the skin from each orange removing as much pith as possible. Hold an orange in one hand, over a large bowl to catch the juice, Slip the knife down one side of a single segment and then down the other side of the segment, cutting the flesh away from the white membrane. Be careful not to slice all the way through the orange. Allow segment to drop in the bowl and repeat until all the segments are in the bowl. Squeeze the skeleton of the orange into the bowl when finished to capture all the juices.

2. Slice the cabbage and fennel on a mandolin slicer into a large bowl.

3. Combine Olive oil, vinegar, salt and pepper in a bowl.

4. Toss the fennel, silver beet, orange segments, dressing and some or all of the orange juice into a bowl (depending how juicy your oranges are) and toss together before serving.

* Please read carefully - requires adult assistance.

**Research**
- What is Scurvy?
- What causes Scurvy?
- Why is Scurvy significant in Australian History?