

CABBAGE

Early in the season you may receive arrowhead & baby green cabbage. Mid-season brings red cabbage. In the late season we will distribute green cabbage for winter storage. We ship the cabbage with the outer leaves to protect the head from bruising.

Storage Tips

- Refrigerate cabbage in a hydrator drawer. Do not remove the outer leaves before storage.
- Once the cabbage has been cut store in a plastic bag.

Culinary Tips

- Trim off outer wilted leaves & quarter the head. Then remove the core.
- For salad or coleslaw thinly slice the cabbage & toss with a vinaigrette or make a creamy dressing with plain yogurt, vinegar, honey, dill, & salt. Add grated carrots or other veggies.
- For steaming cut wider slices & cook for 5-6 min. Top with butter or grated cheese.
- Sliced cabbage sautes & stir-fries well. Adding sliced onions or apples helps reduce the gaseous qualities of cabbage.
- Finely shredded red cabbage is a colorful addition to green salads.
- Boil cabbage for 5 min with chopped onion & add to mashed potatoes

Red Cabbage with Vinegar

1 2-lb head of red cabbage
1 tablespoon of butter
salt and freshly ground pepper
1/2 cup of red wine vinegar
1/2 cup of red current jelly

Discard the tough outer leaves of the cabbage. Shred the remaining head of cabbage finely. Melt butter in a large non-aluminum saucepan, add the cabbage and mix well. Add salt and pepper to taste. Pour in the vinegar.

Cover the saucepan and cook over LOW heat for 1 hour, stirring occasionally.

Add the red current jelly and let it melt. Continue cooking uncovered until all the liquid is absorbed. Serve hot.

From *Italy the Beautiful Cookbook* by Lorenza De Medici and Patrizia Passigli, Knapp. 1988

Spicy Red Cabbage and Apples

1 head of Red Cabbage, finely sliced
1 onion, chopped
2-3 medium apples, sliced
1-2 TBS prepared Indian Spice Paste

Sauté onions in 1-2 TBS vegetable oil until tender. Add red cabbage and spice paste. Stir. Add a little bit of water and cover. Cook until cabbage is almost tender about 10 min. Add the apple on top, recover and cook for 2-3 more minutes. Stir and serve with potatoes or brown rice.

Montreal Slaw

1 large green cabbage, quartered and cored
3 TBS coarse salt
4 carrots, grated
1 bell pepper, cored, seeded, and cut into 2-inch strips
1 bunch scallions, thinly sliced
3-6 TBS sugar
½ cup distilled white vinegar
3 TBS canola oil

Shred cabbage and transfer it to a large colander, sprinkling the layers with salt. Set the colander in a large bowl, cover loosely with plastic wrap, and set aside for 30 min.

With your hands press the cabbage to remove the excess moisture and transfer to a large bowl. Add the carrots, green pepper, and scallions, and toss thoroughly.

Sprinkle the vegetables with 3 TBS of the sugar, the vinegar, and the oil. Toss again. Taste for seasoning and add more salt, sugar, or vinegar, if you like. Cover the bowl with plastic wrap and refrigerate the slaw for at least 2 hours or for as long as overnight. Toss again just before serving.

Note from member, Chris: I don't find it's necessary to add the salt to our fresh cabbage. I use the smaller amount of sugar.

From *The Way We Cook*