

Harvest of the Month



January: Cabbage



Pick

Choose firm, heavy cabbage heads with tightly-packed leaves

Store

Store whole or cut cabbage tightly wrapped in the refrigerator and use within a week

Prepare

Before use, rinse thoroughly and remove outer tough leaves. Cut in half and trim out the core.

Nutrition Info

One cup of raw cabbage has 22 calories

Cabbage is a great source of fiber and vitamins A & C

Red cabbage is a great source of antioxidants

Fun Facts

Cabbage is one of the oldest vegetables--it dates back to the 1600's!

There are many varieties of cabbage: green, red, Savoy, and Napa

In ancient China, cabbage was touted as a cure for baldness

Uses

Steam or boil cabbage to put in soups, stews, and casseroles

Use raw cabbage in slaw or to make sauerkraut

Make cabbage rolls by stuffing leaves with rice, meat or beans, and spices

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Roasted Red Cabbage Salad

Ingredients:

6 cups shredded red
cabbage

2 red onions

2 tableSpoons canola
oil

sea salt

3/4 cup walnuts

2 oranges

1 cup dried
cranberries

Scan below for more
cabbage recipes!



Instructions:

1. Preheat oven to 435 degrees Fahrenheit
 2. Cut the cabbage into pieces
 3. Peel and thinly slice the onion
 4. Add cabbage and onion in a lined roasting pan, and mix with oil and salt
 5. Bake on the center rack of the oven for 20-25 minutes
 6. Add walnuts with 10 minutes remaining in cook time
 7. Peel oranges and cut into segments
 8. Let vegetables cool
 9. ASsemble all vegetables, drizzle with orange juice, and add orange slices and cranberries to serve
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