

HARVEST OF THE MONTH
 NEWSLETTER 12/2021

December
cabbage
FUN FACTS

- Cabbage is one of the oldest known vegetables! Red cabbage is one of the many varieties grown around the world.
- Cabbage is Russia's national food. Russians eat about seven times as much cabbage as the average North American.

NUTRITION INFO

One cup of raw cabbage has 22 calories and provides fiber and vitamins A & C.


Savory Roasted Cabbage

Serves 5

Ingredients:

- 1-pound cabbage, roughly chopped with core removed
- 2 Tbsp. olive oil
- ½ tsp. salt
- ¼ tsp black pepper

Directions:

Preheat oven to 400°F. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

PICK

Choose firm, heavy cabbage heads with unblemished leaves. Cabbage can be found as whole heads or shredded near bagged salad mixes.

STORE

Store cabbage tightly wrapped in the refrigerator and use within a few weeks. Once cut, place the remainder in a plastic bag or covered container and use within a few days.

PREPARE

To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core. Wash thoroughly and slice into desired thickness.

USE

Cabbage can be steamed, microwaved, boiled, roasted, or made into coleslaw or sauerkraut. Cabbage is a great addition to casseroles, stews, salads and soups.

Per serving (1/2 cup): 70 calories, 6g fat, 1g saturated fat, 1g protein, 5g carbohydrate, 2g fiber, 250mg sodium

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