

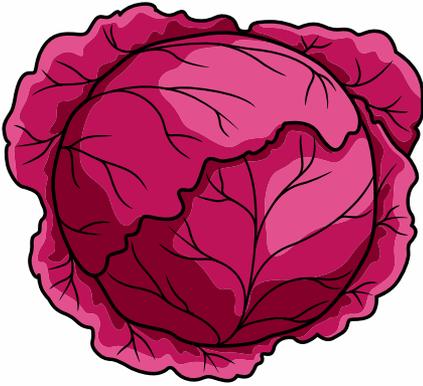
# Harvest of the Month



## November: Cabbage

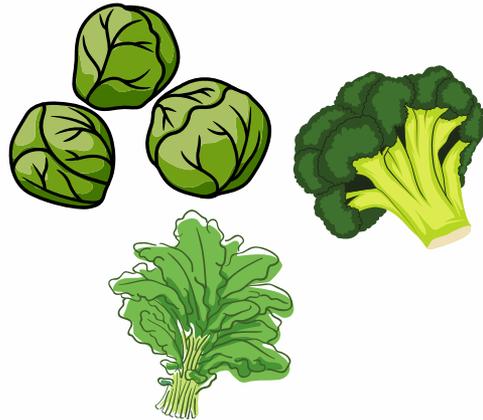


# Cabbage!



**Cabbage is the oldest vegetable to be cultivated by humans! We've grown cabbage for over 6,000 years**

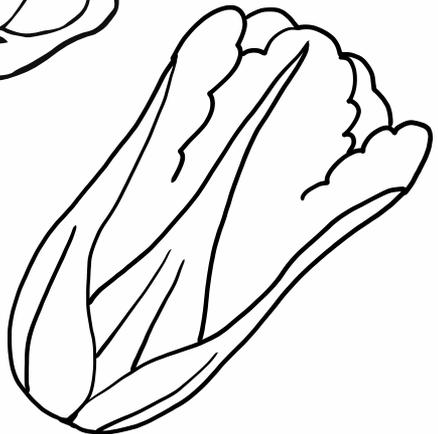
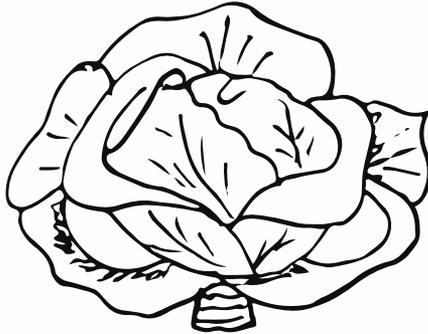
**Cabbage, kale, brussels sprouts, broccoli, and cauliflower are all the same species of plant. Just like German Shepards and Golden Retrievers look very different but are still both dogs, plants have lots of variety too!**



**Cabbage is a great healthy snack! It's especially high in Vitamin C and Vitamin K which help to keep your body healthy**

# Color in the Cabbage

Color in the cabbages! Cabbages can be white, green, or purple and come in many shapes and sizes



# Ways to Enjoy Cabbage



Cabbage can be added to soups and stews for extra greens and flavor

Cabbage is great raw and can be shredded and eaten as a salad



Cabbage leaves can be stuffed with fillings including ground beef and rice and enjoyed as rolls

Cabbage can be fermented, which is when good bacteria are added to a food to change its taste and make it last longer. This dish is Kimchi, which is a Korean recipe that includes cabbage and often carrots, garlic, hot pepper paste, ginger, and spring onions.



Cabbage can be added to mashed potatoes. This is a common Irish dish called colcannon!

## Ingredients

- 1 medium cabbage (2 lb trimmed)
- 4 tablespoons unsalted butter
- 1 tablespoon minced fresh garlic
- 1 teaspoon Diamond Crystal kosher salt
- ¼ teaspoon black pepper
- Red pepper flakes and dried parsley for garnish



## Directions

1. Trim the cabbage, then shred it. To shred, cut the cabbage in half, then slice each half into thin slices and separate the slices with your hands into strips. Place the strips in a colander and rinse.
2. Transfer the rinsed cabbage to a large, deep skillet, without drying it off - the water adhering to the cabbage will allow it to steam.
3. Turn the heat on medium-high and cover. When the cabbage starts to steam, which should take about 1 minute, lower the heat to medium.
4. Steam, covered, for about 5 minutes.
5. Uncover, stir, and cook 2 more minutes to allow any remaining water to evaporate. If you still have too much water in the pan, you can drain it into a colander.
6. Add the butter, garlic, salt and black pepper, stirring to combine. Cook 2-3 more minutes, stirring, until the butter has melted. Garnish, if desired, with dried parsley and red pepper flakes. Serve warm.