



Small CSA Contents:

1 bunch carrots
1 dz eggs
1 piece gouda cheese
A handful of hot Hungarian peppers
Approx 2 to 3 green peppers, depending on size
1 head cabbage (most will be green)
Either 1 pint mixed color cherry tomatoes or about 1.5 lbs heirloom tomatoes
1 lb green filet beans
2 ct cucumbers
1 pint blackberries or approx 1.5 lbs peaches

Large Add-Ons

1.5 lbs spelt berries
1 bunch beets
1 lb chorizo (maybe andouille...depending on what the butcher can make this week)
1 head broccoli
2 ct patty pan squash
6 ears sweet corn

Vegetarian Subs

Same as small

Vegan

Small contents, items below in replacement of cheese and eggs:

Canary Melon (similar to a honeydew)
Roma Tomatoes
Zucchini/Squash
Sweet Corn

CABBAGE, CABBAGE.

CABBAGE

Cabbage is one of the most versatile vegetables. Raw or cooked, hot or cold, alone or with other ingredients. It can serve as a wrap for meat and other vegetables. Cabbage is an excellent keeper. A member of the cruciferous family of vegetables, nutritionists suggest that it serves as an anti-toxin.

Chop it, shred it, boil it or fry it.

Cabbage offers a bundle of possibilities. You can even serve it whole in the style of southwestern France. This is rather complex kitchen task, but still an option for the brave; for those who like a challenge. Let's explore this later when we have the loose leaf Savoy cabbage.

It is best to start by cutting the cabbage into quarters—wedges made with vertical slices from top to the base or root. Determine how much you plan to use. One quarter would serve two persons in most recipes in which you are using shredded cabbage. Wrap the remaining portions in plastic and store in a zip-lock bag.

Remove the core from the wedge using a small knife. Start at the middle of the "right angle" created by the wedge. Cut in a curve, going deeper into the wedge until you reach the root. To shred a wedge of cabbage, lay the wedge on one of the flat sides and slice horizontally or vertically.

Cabbage can be cooked in many ways. Blanch the shredded cabbage in boiling salted water for two or three minutes. Refresh in ice water. Spin it dry or wrap in a towel. When you are ready to use it, heat it in butter. Season with salt and pepper and minced flat leaf parsley. It is best and most nourishing if it remains a little bit crunchy.

Come winter time, the shredded cabbage can be added to soup



CABBAGE AND NOODLES

The blanched cabbage can be combined with butter or oil and some sautéed bacon (optional) and cooked noodles. Season the cabbage and noodles with salt and pepper. Add minced flat leaf parsley.

FRIED CABBAGE

Shredded cabbage can be sautéed in olive oil. It is not necessary to blanch the cabbage for this preparation. Begin with raw cabbage. Use a non-stick pan and a pair of tongs. Start with the heat at medium high. Use the tongs to turn the shredded cabbage over and over. As it softens you can begin to lower the heat. Add some minced garlic. (as much or as little as you prefer) Season the cabbage with salt and pepper. The cabbage should retain a little

crunchiness. Add fresh herbs if you choose—flat leaf parsley, minced rosemary or sage or thyme.

CABBAGE BAKED IN CREAM SAUCE

Make a basic white sauce or Béchamel Sauce

2 TBS butter
1 TBS minced onion
2 TBS flour
1 cup milk
1 tsp dried thyme
Salt and pepper

Melt the butter in a small heavy bottom pan. Add the diced onion and stir over medium heat for 2-3 minutes. Add the flour. Stir until the butter absorbs all the flour. Make sure there is no dry flour in the bottom or sides of the pan.

Add the thyme and the milk and whisk over medium high heat until the sauce is smooth and thickened. Remove from the heat and season well with salt and pepper.

Blanch 3-4 cups of shredded cabbage for 2 minutes in boiling salted water. Refresh in ice water. Spin the blanched cabbage to dry or wrap in a towel. It is important to remove as much moisture as possible.

These two parts of the recipe can be done in advance—even the day before. Reheat the béchamel sauce with the addition of a couple of tablespoons of milk if the sauce has been refrigerated.

Heat the oven to 350. Cover the bottom of an 8 x 11 baking dish with the cabbage. Season with salt and pepper. Pour the béchamel sauce over the cabbage and bake for about 30 minutes.

You could sprinkle some bread crumb over the top if you prefer. If you want a little more color and crust on top run the dish under the broiler for a minute or two.

Garnish the dish with minced flat leaf parsley just before serving.

It is important to taste and correct the seasoning as you create the dish. White sauce and cabbage need a boost.