



CSA Harvest Information



## Cabbage Info & Tips

- Cabbage is good for you! It is rich in vitamin K and vitamin C. Its antioxidant content is why it's considered promising for preventing a number of cancers. Each variety of cabbage has a slightly different nutritional profile, so incorporate many types into your diet.
- Uncut cabbage heads keep very well. Wrap it in plastic and it will keep for weeks! Loose-leaf varieties keep for 3 or 4 days.
- Cut the entire head lengthwise into quarters, then discard the thick, white inner core.
- Shred cabbage for slaws or salads on the large holes of a box grater or with the slicing blade of a food processor. Or just thinly slice with a large knife.
- For lots of cabbage recipes, visit our Pinterest cabbage board:



[pinterest.com/wickhamfarms/csa-recipes-cabbage/](https://www.pinterest.com/wickhamfarms/csa-recipes-cabbage/)

## Tame the Smell

**Cabbage releases a variety of sulfur compounds as it cooks. Boiling releases these compounds most dramatically, and the longer it boils, the greater the smell. To minimize this effect, try these tricks:**

- **Choose steaming, microwaving or sautéing instead of boiling.**
- **Add a few chunks of bread to the water when boiling. Discard when cooking is done.**
- **Keep cooking time to 5 minutes or less.**
- **Skip the cooking step and enjoy it raw, such as in slaws.**

## Claire's Cabbage and Onions

*This is a favorite cabbage recipe from Claire, who works in the field and has an extensive garden at home. Below is a photo of her 2-year-old son enjoying his cabbage. It can be done!*

1 large sweet onion, cut into thick slices  
1/2 head of green cabbage (about 1 pound), cut into thick slices  
1 1/2 Tablespoons butter  
1 tsp sea salt, or to taste  
1/4 cup honey roasted cashews  
Dill (Optional)

Heat the butter and salt over medium high heat, make sure not to let the butter burn. Add the chopped onion and saute for 3 minutes until just softened. Add the cabbage and cashews and continue to cook for only 2-3 more minutes. (The cabbage will continue to soften after cooking. )

Serve warm or cold, with finely chopped dill on top if desired.

