



The

PolyHarvester

Volume 5, Cycle 1

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-Cabbage-

This Week's Harvest:

- Cabbage
- Red Turnips
- Cauliflower
- Lolla Rossa and Tango Lettuce Mix
- Purple Spinach
- Tokye Bekana (Japanese cabbage)
- Collards
- Oranges



Questions?

Contact your CSA
coordinator,
Dr. Chris Wharton:

Christopher.wharton@asu.edu

New Options for Spring Deliveries!

We've got lots more fresh fruits and vegetables and some fun CSA activities for the next round! If you have not received an update including new contract options, but would like to, just let us know or drop Dr. Wharton an email at:

Christopher.Wharton@asu.edu

The PolyHarvester Recipiece



Cabbage

If you can't remember the last time you saw cabbage without adopting a doll, you've been missing out! Like its relations of broccoli, cauliflower, and collards in the *Brassicaceae Cruciferae family*, cabbage is a wealth of nutrients.

Cabbage is high in folate, potassium, vitamins A, B, C, and K and has high levels of active phytochemicals called glucosinolates.

Human population as well as animal studies consistently show that diets high in cruciferous vegetables, such as cabbage, are associated with lower incidence of a variety of cancers, including lung, colon, breast and ovarian cancer, due to their cancer-preventing phytonutrients.

Cabbage leaves are a great way to inspire leftovers. Use shredded cabbage as a garnish on sandwiches. Or try an easy and healthy version of stuffed cabbage: Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy!

Wine Braised Red Cabbage

Featured in Bon Appétit magazine, February 1998

Ingredients

2 tablespoons (1/4 stick) butter (or butter substitute)
2 1/2 cups thinly sliced red cabbage
1/2 cup peeled, chopped Granny Smith apple
1/2 cup chopped red onion
1 bacon slice, chopped (optional)
1/4 cup dry red wine
2 tablespoons red wine vinegar
1/2 cup finely grated peeled russet potato*
1 tablespoon honey

Preparation

Melt butter in heavy large skillet over medium heat. Add cabbage, apple, onion and bacon. Sauté until cabbage is crisp-tender, about 6 minutes. Add wine and vinegar. Cover and cook until liquid evaporates and cabbage is tender, about 10 minutes. Add potato and honey. Cover and cook until potato is tender, about 3 minutes. Season cabbage mixture to taste with salt and pepper.

*Red turnips could possibly be substituted

Sautéed Collard Greens

Featured in Gourmet magazine, December 1998

Ingredients

1 pound collard greens
1 garlic clove
1 teaspoon unsalted butter
1-2 teaspoons olive oil
1 teaspoon fresh lemon juice, or to taste

Preparation

Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.

Mince garlic. In a 12-inch heavy skillet heat butter and oil over moderately high heat until foam subsides and stir in garlic, collards, and salt and pepper to taste. Sauté collard mixture, stirring, until heated through, about 5 minutes.

Drizzle collards with lemon juice and toss well.