

**Cabbage
Kale
Cranberries**

Seasonal Eating

November

Cabbage Classifications

THIS MONTH I USED THE FEATURED PRODUCE ON THESE DAYS:

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Green



Soups, Slaws, Casseroles, Boiled with Corned Beef

Cabbages come in many sizes, shapes and colors and can be used raw or cooked for a wonderful variety of tastes and textures. Cabbage is an excellent source of vitamin C and contains indole, an important phytochemical, that may be beneficial in preventing cancer. Here are five types of cabbages and their best uses.

Red



Pickling, Slaws, Salads, German Sweet and Sour

Chinese



Bok Choy is best known and most widely available. Stir-Fried with both stems and leaves.

Napa



Also a type of Chinese. Delicate, milder flavor. Raw, Stir-Fried, Steamed.

Savoy



Best for cooking. Boiled, Stewed, Steamed.

Cranberries—Beyond Sauce

Cranberries are often only thought of as the condiment next to the turkey on Thanksgiving. However, cranberries can be used in many ways throughout the year for health boosting benefits.

A good source of vitamin C and fiber, cranberries are also helpful in preventing urinary track infections, kidney stones and have many other health benefits.

Cranberries are only available in the Fall, October—November, so freeze a couple of bags to use throughout the year.

☼ Add to baked apples or to your favorite apple pie or apple crumble recipe

☼ Add dried cranberries to nuts, other dried fruits and a little dark chocolate for a snack mix

☼ Bake with dried cranberries by throwing them into your favorite cookie, scone or quick bread recipe

☼ Heat cranberry-apple juice with cinnamon sticks and cloves for a spiced cider

☼ Toss dried cranberries over a green romaine salad with blue cheese crumbles and toasted walnuts

Did You Know?

- There are more than 400 varieties of cabbage enjoyed worldwide.
- American recipes containing cranberries date back to the early 18th century.
- There are 440 cranberries in one pound and 4400 in one gallon of juice.
- Kale was so popular in Scotland that being invited to “come to kale” was an invitation to dinner.

Cranberry Salsa

- 1 orange, unpeeled, quartered and seeded
- 2 cups fresh cranberries
- 2/3 cup sugar
- 1/8 teaspoon salt
- 1/2 medium green bell peppers, chopped
- 1 jalapeño pepper, finely chopped
- 3 tablespoons chopped fresh cilantro
- 1/4 cup chopped pecans, toasted

Place orange quarters in a food processor and process until coarsely chopped, stopping to scrape down sides. Add cranberries, sugar and salt; pulse 2 or 3 times or until cranberries are coarsely chopped. Transfer mixture to a bowl and stir in green pepper, jalapeño pepper, cilantro and chopped pecans. Cover and chill for at least 2 hours.

Serve with sweet potato chips or lime tortilla chips or serve on a turkey sandwich.

Quick Cranberry Relish

- 1 (16-ounce) can whole cranberry sauce
- 1 (8-ounce) can crushed pineapple, drained
- 1/2 cup coarsely chopped, toasted walnuts

Combine all ingredients. Chill before serving. This could be a relish or a salad served on lettuce leaves.



Featuring: Kale

Kale is a form of cabbage in which the central leaves do not form a head. It is very high in vitamins C and K, lutein and beta-carotene. Because of the vitamin K, you may want to take caution if you are on anti-coagulant medication. Kale freezes well and actually tastes sweeter and more flavorful after being exposed to a frost. You can steam, boil or braise kale or add it to stir-fries. Kale can be substituted in recipes calling for spinach or collard greens. Try a simple salad of cooked kale tossed with sliced canned beets, green onions, shredded carrot and a balsamic vinaigrette. Add chopped kale to a pot of white beans or bean soup or throw it in with boiling pasta the last five minutes and toss with a simple sauce or a little sesame oil and sesame seeds.

Cabbage Casserole

- 1/2 head (small) green cabbage, chopped
- 1 small onion, chopped
- 1/2 green bell pepper, chopped
- Salt to taste
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1/2 cup shredded Cheddar cheese
- Seasoned cornbread crumbs

In a saucepan cook the cabbage, onion and bell pepper in lightly salted water until tender. Drain. In a saucepan melt the butter. Stir in the flour and cook for 1 minute, stirring constantly. Add the milk slowly and stir until thickened. Add the cheese and blend until melted. Remove the pan from the heat. In a buttered 1 1/2 quart casserole dish layer the drained vegetables and cheese sauce. Make several layers, ending with the sauce on top. Bake at 325 degrees until bubbly. Top with seasoned crumbs. Return to the oven until lightly browned. We use cornbread crumbs that are sprinkled with poultry seasoning, but you could use packaged stuffing mix.

Napa Cabbage Salad

- 1/2 cup sliced almonds
- 6 tablespoons sesame seeds
- 2 3-ounce bags ramen noodles chicken soup
- 1/2 head Napa cabbage, washed and sliced crosswise into shreds
- 3 green onions, sliced

- Dressing:
- 1/2 cup vegetable oil
 - 6 tablespoons rice wine vinegar
 - 3 tablespoons sugar
 - 1 seasoning packet from ramen soup

In small frying pan, toast almonds until browned. Remove and toast sesame seeds in pan. Remove and cool. Break dry ramen noodles into half-inch pieces. Combine almonds, sesame seeds and ramen noodles and set aside. In large bowl combine cabbage and green onions. For dressing, combine oil, vinegar, sugar and flavoring packet in jar and shake until mixed. Just before serving, sprinkle noodle mixture over greens and top with dressing. Toss and serve immediately.