

March

CHEQUAMEGON BAY



HARVEST
of
the **MONTH**



CABBAGE

Nutritional Benefits

Cabbage is high in beta-carotene, vitamin C and fiber, and may help in reducing the effects of some kinds of cancer.

How to Select

Select cabbages that are solid, heavy and unsplit -- wrapper leaves should be clean and flexible but not limp.

How to Store

Fresh cabbage can be stored up to two weeks in the refrigerator but needs to be covered loosely with a plastic bag or in a perforated bag. Cabbage should only be washed just prior to using — extra moisture in storage will accelerate deterioration.

How to Eat

To prepare cabbage, cut the head into quarters. Place one of the cut edges of the cabbage on the cutting board and slice to the desired thickness. Cabbage can be used in cole slaw, stir fry, soups and stews, or made into sauerkraut.

Did you know?

- ✓ Cabbage has been cultivated for centuries and dates back to Greece in 600 B.C.
- ✓ Varieties include green, red, and savoy or crumpled leaf cabbage.
- ✓ Wisconsin ranks #1 in the nation in cabbage production for sauerkraut.
- ✓ The World Record for the Heaviest Cabbage weighed in at 138.25 pounds at the 2012 Alaska State Fair.

Brought to you by the
Healthy CHANGE Coalition



Buy Local

Every year **Spirit Creek Farm** in Cornucopia, WI buys over **10 TONS** of cabbage from local farms for their sauerkraut and other high-quality fermented foods. Find Spirit Creek products at the following area retail locations:

- Chequamegon Food Co-op in Ashland
- Ehler's General Store in Cornucopia
- Leino's Gas Station in Washburn
- Washburn IGA
- White Winter Winery in Iron River

Learn more at www.spiritcreekfarm.com

Play With Your Food

Draw a funny face on all of the vegetables that are part of the *brassica* family.

Answer: Kohlrabi, Cauliflower, Green and Red Cabbage, Brussels Sprouts, Kale, Broccoli, and Turnips are **all** in the *brassica*



Cooking Corner

HOMEMADE SAUERKRAUT



Ingredients

- 6 heads cabbage, shredded
- 1 quart water
- 1 cup salt
- 1 pint vinegar
- 12 quart jars and canning lids

Preparation

1. Heat water, salt, and vinegar.
2. Pack shredded cabbage into jars as tight as you can. Pour hot liquid over making sure to "burp" out any air bubbles. Wipe rim of jar and put lid on.
3. Store in a cool, dark place. It will take 6 to 8 weeks to ferment.

CHEQUAMEGON BAY



HARVEST
of
the **MONTH**

Created for the Healthy CHANGE Coalition by Meagan Van Beest, Chequamegon Food Co-op.. Questions? Contact Meagan at (715) 682-8251 or meaganv@cheqfood.coop.