



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

October 18-19, 2019

VEGETABLE FEATURE: Red Cabbage

By Chef Andrea

We call it red cabbage, but others may refer to it as purple cabbage. Perhaps it's splitting hairs to debate whether it's red or purple when the bottom line is that it is simply gorgeous! Red cabbage is different from our green cabbage in several ways. First, it's obviously much different in color which means it also has a bit of a different nutrient profile. Purple and red pigments in vegetables indicate the presence of chemical plant compounds called anthocyanins. We talked about these several weeks ago when we delivered the black nebula carrots. Anthocyanins have many health benefits including being antioxidants that combat free radical damage in our bodies. Thus, they play a role in cancer prevention as well as enhance cardiac health and boost our immunity, amongst a long list of other benefits. In addition to the benefits from anthocyanins, red cabbage also offers all the similar benefits of other vegetables in the Brassica family including phytonutrients called glucosinolates and sulfuraphane. These two nutrients are important for reducing the potential for carcinogens to damage our tissues while also assisting the liver with detoxifying the body. Red cabbage heads are also more dense and the leaves are thicker in comparison to green savoy cabbage or the sweetheart salad cabbages we delivered earlier in the season.

Red cabbage may be eaten both raw and cooked. One of the simplest ways to use it is to just slice it very thinly and mix it in with salad greens or other vegetables when making vegetable salads or slaws. It can also stand alone to make beautiful and tasty slaws and salads which may be served either cold or warm. This week I've included a recipe for a simple **Red Cabbage Slaw with Maple-Mustard Dressing** that I've been making for many years. Red cabbage is also often used to

make braised red cabbage, a more common part of German and northern European cuisine. Recipes for braised red cabbage will often include apples, juniper berries, caraway seeds and either red wine or red wine vinegar. This is a good place to talk about how to retain that bright purple color when cooking red cabbage. When you cook red cabbage, you can retain the bright purple color by adding an acidic ingredient such as vinegar or lemon juice. If you don't add acid and cook it for any period of time with the lid on the pan, the cabbage will turn to more of a blue-green-gray color. This is kind of a fun kitchen experiment to do with kids so they can see how the color pigments change when in an acidic versus basic environment.

What's In The Box?

ITALIAN GARLIC: Check out this week's **Cooking with the Box** article where you'll find a link for **Roasted Garlic Butter!** Use it on bread or put a pat on top of a hot steak or baked winter squash.

CAULIFLOWER OR BROCCOLI ROMANESCO: Now that it's soup season, consider making a traditional cream of cauliflower soup. If you want a non-dairy soup option, check out the recipe for **Lemony Cauliflower and Carrot Soup** in this week's **Cooking With the Box** article.

PETER WILCOX POTATOES: This potato has dark purple skin with gold flesh. It was actually bred specifically for flavor and nutrition. It has higher levels of vitamin C and carotenoids in comparison with other varieties, both of which are beneficial antioxidants. This is a delicious waxy potato that is good for roasting, baking, pan-frying, potato salad, and soups. The breeder named it after Peter Wilcox, a retired professor at Loyola College.

ORANGE CARROTS: Make a **Carrot-Miso Spread for Winter Veggie Wraps.** The recipe is on our website and is featured in this week's **Cooking with the Box** article.

CALIBRA YELLOW ONIONS: This variety is a cross of a yellow storage onion with a sweet Spanish variety. They tend to produce smaller onions which continue to concentrate their sugars while in storage. We grow it because it is sweet, mild and flavorful.

RED RUSSIAN KALE: This is a quick-cooking kale, perfect for a quick sauté to eat as a side dish or add it into your morning scramble.

BABY BEETS: Sadly, these are the last beets we'll be delivering this year, but the timing is right to make roasted beets to put on a salad! Toss any of this week's "salad" greens with a simple vinaigrette and top with roasted beets, candied nuts and either goat cheese or blue cheese crumbles.

ESCAROLE: This looks like head lettuce, but it's actually a cold-hardy bitter green most often eaten cooked. When cooked, the bitterness fades and it becomes silky and smooth. Read more about this unique green in **last week's vegetable feature article.**

RED CABBAGE: Read more about this vibrant, nutrient dense vegetable in this week's **vegetable feature article!**

JALAPEÑO PEPPERS: There are two little jalapeños in your box this week. These are the final peppers of the season. Monday's frost marked the official end of our pepper crop.

SALAD MIX: We're nearing the end of our salad lettuce crops and this might be the final week for this item. This is our favorite time of the year for salad mix because the flavors and colors of the greens and lettuce are more intense and heightened!

SPINACH: We hope to cut spinach for at least one more week. Remember to keep it in the refrigerator and keep it cold for the longest shelf life.

Beyond braised red cabbage and slaw, there are a lot of other ways to use this cabbage. While I don't have any experience using red cabbage in Indian cuisine, I did find some interesting recipes using Indian spices. I also found a recipe that used the red cabbage to make **Purple Cabbage Paratha**, an Indian flatbread. You can also use raw cabbage in spring rolls and wraps such as this **Winter Veggie Wrap with Carrot-Miso Spread** that we featured several years ago. It's also a great stir-fry vegetable, however I'd recommend using a sauce that has some citrus in it to help retain the bright purple color.

Some other foods that are complementary and are often used with red cabbage include the following: apples, oranges, lemons, currants, onions, shallots, caraway, juniper, clove, star anise, red wine, vinegar, carrots, beets, blue cheese and goat cheese. Red cabbage stores well, so don't feel like you have to use it all right away. It's best to store red cabbage in a plastic bag in the refrigerator. You'll be surprised by how much you will get out of a head once you start slicing it! If you don't use all of the head, simply wrap up the remainder and store it in the refrigerator until you're ready to use it again.

Red Cabbage Slaw with Maple Mustard Dressing

Yield: 6 servings

"The compliments will start pouring in for this tasty, gorgeous salad, which you've thrown together in about 5 minutes....Don't be tempted to leave out the juniper berries: They are the secret ingredient that makes the whole greater than the sum of its parts."

- 1 tsp coarsely ground juniper berries
- ½ to ¾ cup Maple-Mustard Dressing
- 1 ½ lb red cabbage, finely shredded
- 1 large carrot, grated
- ¼ cup tightly packed minced fresh parsley
- Sea salt to taste (optional; you may not need it)

1. Stir the juniper berries into the maple-mustard dressing and, if time permits, let set for an hour.
2. Just before serving, toss the cabbage, carrot, and parsley in a salad bowl.
3. Toss in just enough dressing to coat the salad. Add salt to taste if desired.

Recipe borrowed from *Lorna Sass' Complete Vegetarian Kitchen*.

Maple-Mustard Dressing

- ½ cup sunflower oil
 - 2 Tbsp apple cider vinegar
 - 1 Tbsp maple syrup
 - 2 Tbsp Dijon mustard
 - ¼ tsp dry mustard
 - Pinch of salt
1. In a small jar, combine all of the ingredients and shake well.
 2. Use immediately or refrigerate in a tightly sealed container for up to 2 weeks.

Warm Red Cabbage Salad

Yield: 4 to 6 servings

The cabbage is cooked just enough to soften it, then tossed with apples, goat cheese and roasted walnuts. This is a very nice salad for fall when both walnuts and apples are newly harvested. For variation in flavor and color, mix the cabbage with other greens, such as spinach or curly endive.

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| 15 to 20 walnuts, enough to make ¾ cup shelled | 1 small red cabbage | 1 red onion, quartered and thinly sliced |
| 2 tsp walnut oil | 1 crisp red apple | 3 to 4 oz goat cheese, broken into large pieces |
| Salt, to taste | 1 clove garlic, finely chopped | 1 Tbsp parsley, chopped |
| Pepper, to taste | 2 Tbsp balsamic vinegar | ½ tsp marjoram, finely chopped |
| | 2 ½ Tbsp olive oil | |

1. Preheat the oven to 350° F. Crack the walnuts, leave the meats in large pieces, and toss them with the walnut oil and some salt and freshly ground black pepper. Toast them in the oven for 5 to 7 minutes, or until they begin to smell nutty. Then remove them from the oven and let them cool.
2. Quarter the cabbage and remove the core. Cut the wedges into thin pieces, 2 to 3 inches long, and set them aside.
3. Cut the apple lengthwise into sixths, cut out the core, then slice the pieces thinly, crosswise.
4. Put the garlic, vinegar, and oil in a wide sauté pan over a medium-high flame. As soon as they are hot, add the onion and sauté for 30 seconds. Next add the cabbage and continue to cook, stirring it with a pair of tongs for approximately 2 minutes, or until just wilted. The leaves will begin to soften and the color will change from bright purple-red to pink. Season with salt, plenty of freshly ground black pepper, and more vinegar, if necessary, to sharpen the flavors. Add the goat cheese, apple slices, herbs, and walnuts. Toss briefly and carefully before serving.

Recipe borrowed from *The Greens Cookbook*, by Deborah Madison with Edward Espé Brown.