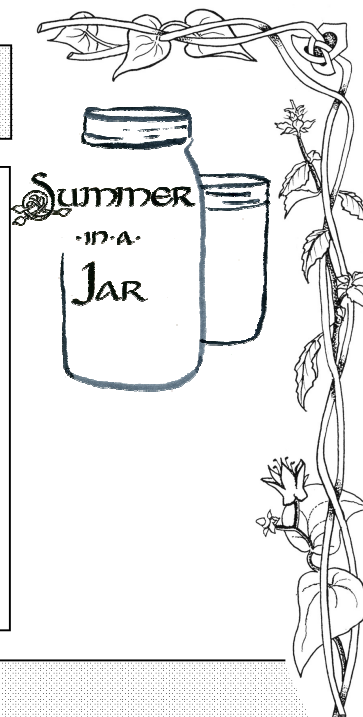


Jubilee Farm Summer Session Week 8

From its august history, we should offer obeisance when entering the presence of the humble cabbage. Cato the Elder (2nd C.) said "It surpasses all other vegetables." Captain Cook, knowledgeable of its preventative and curative powers, stocked it on all of his ships. Current studies show startling correlations between eating cabbage regularly and highly reduced rates of numerous diseases. Cato the Elder (also "the wise") promoted cabbage to cure everything from digestive problems, liver disease and hangovers! In short: long history of human experience and current day science suggest we incorporate cabbage (and its relatives: cauliflower, collards, broccoli, mustard greens, Brussels sprouts, turnips and arugula) as a regular part of our diet. We are balanced people here, not looking for a vegetable panacea, but we know a good thing when we eat it.

So, let's eat it!



Coleslaw Clues

Coleslaw just means cabbage salad, brought to us by the Dutch. *Dank u wel*.

Every family has their own recipe and combination of veggies or fruit.

I'd like to pass on a tip I recently picked up that makes the eating experience more enjoyable.

When you first make slaw, usually coated in lots of mayo or yogurt dressing, it's like eating pick-up sticks, no matter how small it's shredded.

If you consider this a detriment, here's a solution: quickly blanch the cabbage before dressing it and it becomes an entirely different dish. See the following recipe for instructions.

Cabbage Slaw & Craisins (Try it with fresh blueberries. They're in season!)

Clean 2 heads of green or red cabbage, cut into quarters and core.

Shred or thinly slice for slaw into a large stainless bowl.

Pour 3/4 cup of cider vinegar and 1.5 tsp salt over the cabbage.

Let it rest for about 5 minutes.

Then pour 10 cups of boiling water over the cabbage.

Let it rest for 3 minutes.

Drain the cabbage into a large colander and shake off the excess moisture.

I use a towel to pull some of the liquid off the cabbage

Put the cabbage back in a big bowl.

Add one onion, finely minced.

2 cups of Craisins-You could substitute tart apples, fresh blueberries, diced plums or dried fruit in the winter.

Pour the following dressing over the cabbage at least 2 hours before serving.

9 Tbs. cider vinegar

3 Tbs. Dijon mustard

1.5 Tbs. honey or sugar

3/4 cup canola oil-or other light oil (olive oil is a bit too heavy)

Add fresh black pepper and possibly a pinch of sea salt, right before serving.

Epezote

You have discovered the secret Mexican flavor in beans and sauces like moles. Wendy has a great crop ready for harvest. Make sure to dry a bunch or two for the coming winter when beans will be the perfect remedy for cold weather. For many (and many's wife) a not inconsequential side benefit of epezote is its ability to diminish the musical effect of the melodious legume. Next week we'll talk about how to prepare dried beans, a very important pantry item AND how to use *epezote*. **HAPPY HARVESTING**

Stuffed Cabbage Rolls (Works great with big collard greens too, just remember to remove the rib after steaming)

- Steam the cabbage whole on a vegetable steamer in a large pot for 5-7 minutes.
- Peel off all the “stuffer” leaves successively as they begin to soften.
- Chop the remaining cabbage and sauté with the 1 large, diced onion and plenty of fresh minced garlic.
- Mix 1 cup of raw rice to every pound of raw ground turkey or hamburger with 1 egg, salt & pepper, oregano and fresh herbs. Work this mixture into the sautéed onions.
- If you’d rather skip the meat, use pre-soaked bulgur wheat. I add a few more eggs to help it stick together.
- Lay a single leaf on a cutting board and place about 1/2 cup of rice/meat at the lower end of the leaf. Fold the bottom of the leaf over the meat mixture and then fold the sides over and begin rolling. It looks like a mini-burrito.
- Place in a non-reactive 9x13 pan-seam down.
- When the pan is full, pour about 1.5 quarts of blended whole tomatoes over the rolls.
- Cover with foil and bake for 45 minutes at 350 degrees.
- Remove from the oven and *possibly* add more tomato purée if it looks dry. You’ll want to make sure the rice has plenty of time and liquid to completely cook.
- Cover & bake for another 15 minutes. Remove from the oven and let it rest for 10 minutes before serving. This is a great, make ahead meal.

How to handle beets:

Immediately remove the green tops leaving 2 inches of stem to prevent bleeding of color during cooking and/or to reduce the loss of moisture in the root during storage. Store the tops and roots separately. Beet greens should be washed and wrapped in a cotton tea towel for later use. They taste great braised. (See week 1 for instructions)

Enjoying Beets

Beets taste great raw, roasted, or simply boiled and topped with olive oil and dill. They’re compatible with yogurt, sour cream, cilantro or a vinaigrette.

Peeling is No Problem

Wash the dirt from the beet. Leave 2 inches of stem and the root end. You don’t want to lose all of that incredible color and nutrition. Boil for 30-35 minutes for medium/large size beets. Check to see if they’re cooked by poking with a small sharp knife. If they seem tender, pour off the boiling water and rinse with cold water. Once you’re able to handle them the skins should slip right off. Trim the stem and root and slice to the desired size.

Roasting Beets

In the winter we eat a lot of roasted root veggies. Mix beets, parsnips, Yukon Gold potatoes and carrots for a real treat. I peel the beets with a sturdy vegetable peeler. And ,YES, the sink looks like some kind of ritual sacrifice has taken place. I like to prepare a huge bowl of these and other veggies and eat the leftovers cold, for lunch. (Great fast food for the next day) Roasting intensifies the flavors and brings out the natural sugars. They lose a lot of water and therefore size so prepare a bunch. You can never have too many. Toss with a minimal amount of good olive oil (This is a good place to use some of those herbs you’ve been gathering and drying.) and roast in the oven at 425 degrees for about 35 minutes possibly turning once with a spatula once the bottom side has crusted over. Use a convection fan if available.

Nutritional Information

Beet greens are a good source of potassium, iron, Vitamin C & A. Beet roots are a good source of folate and contain lesser amounts of the nutrients listed for greens.

Pickled Beets

The anticipation that grows waiting for “Mamma’s Hot Pickled Beets” to be ready marks our year. *Summer in a Jar* teaches pickling classes, both quick pickles (with vinegar) and fermentation.

Summer in a Jar teaches home food preservation and scratch cooking. Learn how to put up all these riches for the coming winter. For flavor, for health and for food security.

Register online at www.summerinajar.com or call 425.788.5696