



Locally, Sustainably and Educationally Grown
MSU Friends of Local Foods

Towne's Weekly

August 20, 2009



Veggie List

Carrots

Summer Squash

Potatoes

Beets

Onion

Peas

Green Beans

Cabbage

UP FOR THE CHALLENGE ??

At this point in the summer, I commonly eat kale, squash or greens for breakfast, and I'm guessing that you, likewise, are finding many new ways of incorporating vegetables into every meal! What a great time to participate in the EAT LOCAL AMERICA CHALLENGE. As a CSA member, we're pretty sure you've got this challenge in the bag! The National Cooperative Grocer's Association and the Bozeman Community Food Co-op are bringing the Eat Local Challenge to Bozeman this September 1—15. The task: prepare your daily meals using 5 local ingredients. The goal of the Challenge is to increase local food intake, thereby contributing to a robust and sustainable local food system. The Coop has a web page dedicated to the Challenge with information and helpful tips about eating local, meal ideas and local purchasing. By being a member of a CSA, you are already making a large contribution to the local food system, but if you are interested in learning more about local food production, take on the challenge and let us know how it goes for you!



MEET YOUR FARMERS



I am **Karin Neff**, a graduate student at MSU. My background in the culinary arts sparked an interest in how food is produced and how it might be produced in more ecologically and socially sustainable way. At Towne's Harvest I am helping with undergraduate research projects for students in the Land Resources and Environmental Sciences Department. As part of their senior curriculum, these students are trying to use ecological principles to solve problems that plague most organic or sustainable farms; problems which include insect and weed pests and nutrient and water management. I am thrilled I get to spend the summer with such a great crew of farmers.

My name is **Gordon Sevee**. I will be graduating from the Horticulture Science program at the end of the year. I am originally from Vermont and have valued my time spent at MSU greatly. The accessibility of a wide range of outdoor activities was one of the main reasons for choosing Montana. I am an avid skier in the winter and have picked back up bird hunting. Local food processes have peaked my interest while studying horticulture. The THG has given me an excellent introduction to a CSA system and hope use the experience to contribute to local food systems in the future.





Cabbage

Quick Tips

Most Common Types

Green Cabbage

Red Cabbage

Savoy Cabbage

Other Types

Bok Choy

Michihli

Pe-Tsai

Tal-sai

Lei-choi

Special points of interest

- * Cabbage contains vitamins C, A, and B6, potassium, folic acid, biotin, calcium, magnesium, and manganese.
- * Cabbage is considered a cruciferous vegetable by the American Cancer Society, these vegetables help reduce the risk of certain cancers.
- * In 1865, William Collinwood of County Durham, England, grew the world's largest cabbage, weighing 123 pounds.

Selection: A healthy head of cabbage is tightly-packed, heavy, with crisp, shiny, colorful leaves, and a solid stem. Cabbage with damaged, wilted, bruised, and/or discolored leaves and veins should be discarded. Avoid purchasing pre-cut cabbage, because it starts to lose nutrients and taste once it is cut.

Handling: Keep cabbage cold and moist, wrapped tightly in plastic in your refrigerator. Do not wash until just before use. This will prevent wilting and nutrient loss.

Simple Preparation Methods: First remove the thick outer leaves, separate into desired pieces and wash.

The cabbage core contains the strongest flavor, remove or cook with other leaves for diverse flavor. Always use a stainless steel knife to cut cabbage, the leaves will oxidize if they are cut with a carbon blade. Preparation ideas for cabbage include juicing, coleslaw, sauerkraut, as a garnish, added to salad mix, stir fry, as a wrap for sandwiches in place of bread, or boiled for soups and stews.

Preservation Methods: The most widely used method of preservation would be canning. Sauerkraut is a tasty addition to bratwurst straight off the grill.

Cabbage can also be blanched for 2 minutes, cooled for another 2 minutes, and then frozen.

Cabbage Chemistry

Why does cabbage stink when it is cooking?

Cabbage releases hydrogen sulfide during cooking and the concentration increases the longer you cook it. Some recommend cooking with a piece of chili pepper to decrease the lovely odor.



Creamy Cabbage Casserole

www.mom-mom.com/creamy_cabbage.htm

- ½ head chopped cabbage
- 1 small chopped onion
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- ½ cup shredded Colby cheese
- Buttered bread crumbs or crushed Rice Krispies

Cook cabbage and onion in boiling salted water until tender. Drain well. Melt butter in a saucepan. Stir in flour until blended. Slowly stir in milk, whisking over medium heat until thick and smooth. Add cheese and stir until melted. Combine cheese sauce with cabbage

mixture. Pour into a casserole dish. Top with bread crumbs or crushed Rice Krispies (buttered). Bake at 325 degrees for 20 minutes until lightly browned and bubbly.