

Cabbage

With its sweet, refreshing flavor and crisp texture, cabbage is worthy of much higher status than it is usually accorded. Farm shareholders will likely have lots of it, since a fall cabbage, having spent late summer soaking up sun and soil, can reach outlandish proportions. One head may occupy a large corner of your family-sized refrigerator, prompting you to ask, “What are we going to do with this brute?” Make dishes that are loaded with cabbage to share with friends and family at picnics and potlucks.

A Shareholder

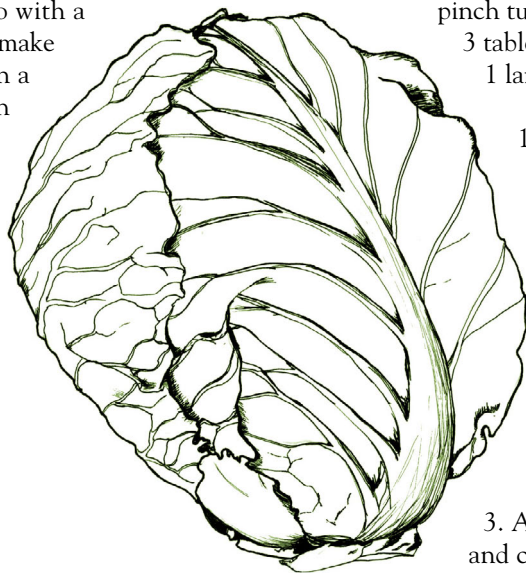
I looked at the rather large head of cabbage and thought, “Can we really eat—do we really *want* to eat—that much coleslaw?” Since I had rather limited cooking time, I went ahead and prepared coleslaw with the cabbage. To our surprise the slaw was the sweetest, crispest, and *fluffiest* we’ve had, and finishing it was simple. I never knew that an adjective for cabbage or slaw could be *fluffy*—and that that would be a good thing. It was a delightful and delicious discovery.

Coleslaw with Cilantro and Chives

There is almost nothing better to do with a young, fresh head of cabbage than to make it into a fluffy slaw. It’s refreshing on a hot summer’s day and pairs nicely with all kinds of fresh raw vegetables. Here we simply accent the cabbage with cilantro and chives, but you can add julienned carrots, bell peppers, celery, or whatever crunchy fresh vegetable you like. *Shareholder*. Serves 8 to 10

4 to 6 cups shredded cabbage
(green, red, or a combination)
(2 to 3 small heads)
1/4 cup minced cilantro
1/4 cup chopped chives
3 tablespoons extra virgin olive oil
3 tablespoons white wine vinegar
2 tablespoons sugar
1 teaspoon salt

1. Toss the cabbage, cilantro, and chives in a large bowl or container; refrigerate, covered, for at least 1 hour or overnight.
2. When ready to serve, mix the oil, vinegar, sugar, and salt in a small bowl until well combined. Pour the dressing over the chilled cabbage mixture. Mix well just before serving.



STORAGE

Store dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but you can remove and discard them to reveal fresh inner leaves. Cabbage can keep for more than a month. Once it’s cut, seal it in a plastic bag and continue to refrigerate for several weeks.

HANDLING

Rinse the cabbage under cold running water just before use. Peel away a few of the outer leaves, then cut the cabbage according to your needs with a big, sharp knife, and then chop, sliver, or grate.

Cabbage with Indian Spices

This is wonderful served with any Indian curry dish or with basmati rice. *Friend of the Farm* (adapted from *The Great Curries of India*). Serves 4

3 tablespoons vegetable oil or ghee
2 cups minced onion (about 4 medium onions)
1 1/2 teaspoons minced ginger
1 green hot chile pepper, cut in half lengthwise
1 pound cabbage (about 1 small head), shredded
1 teaspoon ground coriander
1/4 teaspoon cayenne pepper
pinch turmeric
3 tablespoons water
1 large fresh tomato, peeled, chopped
(about 1 1/2 cups)
1/2 teaspoon salt

1. Heat the oil or ghee in a large skillet over medium-high heat. Add the onions, ginger, and chile pepper; sauté, stirring often, until the onion is browned, 15 to 20 minutes.
2. Stir in the cabbage. Add the coriander, cayenne, and turmeric and mix well. Add the water, reduce the heat to a simmer, cover, and cook for 10 minutes.
3. Add the tomato and salt; stir to combine. Cover and cook until tender, 5 to 10 minutes. Remove the hot chile pepper before serving.

A Shareholder

Last night I cut into your cabbage and it felt springier than a store-bought cabbage. I had planned to steam it, but when I tasted some raw leaf, it was flavorful and juicy. I couldn’t bear to subject it to further processing, so I made a peanut sauce and enjoyed it. Thanks!

Excerpted from *Farmer John’s Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at www.AngelicOrganics.com/cookbook.

