

8-29-2011

Cabbage

Elisabeth Inman
USU Student Organic Farm

Keenen Crummitt
USU Student Organic Farm

Follow this and additional works at: http://digitalcommons.usu.edu/student_orgfarm

 Part of the [Agriculture Commons](#)

Recommended Citation

Inman, Elisabeth and Crummitt, Keenen, "Cabbage" (2011). *USU Student Organic Farm Newsletter*. Paper 15.
http://digitalcommons.usu.edu/student_orgfarm/15

This Newsletter is brought to you for free and open access by the Agriculture and Applied Sciences at DigitalCommons@USU. It has been accepted for inclusion in USU Student Organic Farm Newsletter by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.



USU STUDENT ORGANIC FARM

August 29, 2011

Newsletter

Vol. 2 Issue 17



Alanna displaying a beautiful pak choi leaf

Conquering the Bounty

Are you tired of fixing cabbage in the same old ways? Try these simple ideas to add the great flavor and crunch of cabbage to your meals.

- ✓ Chop up cabbage and add it to your favorite salsa.
- ✓ For a tasty side dish, sauté cabbage in a little olive oil. Add sliced onions and seasonings such as garlic and pepper.
- ✓ Add shredded cabbage to your spaghetti sauce or sloppy joes. Simmer for a few minutes longer to make sure the cabbage is softened.
- ✓ Use cabbage in your favorite stir-fry recipe. See the "Fabulous Flavors" article on page 2 for some great sauces to top off your dish.
- ✓ For a cheap and great-tasting dish add cabbage, as well as other vegetables, to your ramen noodles. They will finish in about the same time. So easy!
- ✓ Cabbage is great in soups. Try a hamburger and vegetable soup with cabbage. Or try adding cabbage, carrots, onions, potatoes and good melting cheese such as regular old American cheese to a cream-based sauce for a delicious soup.

Article by: Elisabeth Inman

Featured Vegetable: Cabbage

The English word cabbage comes from the French term 'caboche' which means head or 'boche' which means swelling or bump. This is because the cabbage plant most often comes in a round shape imitating the shape of a head, with a cluster of tightly folded leaves making the bulk of the plant.

The cabbage varieties we have on the farm this year are Bilko cabbage (which is similar to Napa cabbage), tatsoi, pak choi (a type of Chinese cabbage), and Red Express cabbage (which is a red cabbage variety). Cabbage is a relative of Brussels sprouts, which are almost identical in form, as well as broccoli, kohlrabi, cauliflower, collard greens and kale. Winter cabbage (another cabbage variety) can withstand winter conditions in mild regions such as in the southern United States, so cabbage can be enjoyed all year long in many parts of the world.

Cabbage has been harvested for over 4000 years. The Greeks and Romans believed it to have great medicinal qualities. They thought it would cure practically every illness or disease. Cabbage has also been touted to cure hangovers or reduce the effects of drinking, which is still practiced even today by some people.

There are many uses for cabbage; some of the most common recipes are the ever-famous Sauerkraut, Corned beef and Cabbage, and Coleslaw. Cabbage is also used often in Chinese cooking, such as stir-fries and egg rolls. Boiling cabbage leaves tenderizes them and releases sugars. Boiled cabbage is a common side dish or preparation method for other dishes.

Article by: Elisabeth Inman

Chinese Cabbage Salad

Recipe from Utah State University Food Sense Archives

Toasted sesame oil can be found near the Asian foods in most any grocery store. It is very flavorful and perfect for adding an Asian flair to your favorite salad or stir-fry.

Ingredients

2 cups Chinese cabbage, sliced very thin
2 cups purple cabbage, sliced very thin
(or more Chinese)
2 medium carrots, shredded
6 green onions, chopped
1/4 cup slivered almonds (optional)
Canola cooking oil spray (optional)

Dressing

3 Tbsp. freshly squeezed orange juice
3 Tbsp. cider vinegar
5 tsp. reduced-sodium soy sauce
5 tsp. sugar
3/4 tsp. toasted sesame oil (dark colored kind)

Combine cabbage, carrots, and green onions in a mixing bowl. If almonds are desired, pre-heat a skillet over medium-low and spread almonds out in pan. Spray once with cooking oil and stir until golden and lightly toasted, 3-5 minutes. Add almonds to salad. Combine orange juice, vinegar, soy sauce, sugar and oil in a small jar. Shake until sugar dissolves. Pour over salad, toss, and serve immediately.

Alteration: Add shredded, cooked chicken seasoned with fresh ginger to transform your salad into a meal!

ANNOUNCEMENTS

The newsletters are now online!

Find them at:

http://digitalcommons.usu.edu/student_orgfarm/

We'll have elderberries soon! They are good for jams and pies (not so good fresh). If you would like some, let us know via email.

Email us your favorite recipes using the veggies in your basket! Who doesn't love a tried and true recipe?

organicfarm@aggiemail.usu.edu

NEW Volunteer hours:

Tuesday and Friday: 4:30-6:30pm

Thursdays: 9:30am-12:30pm

Saturdays 7:30-1:00pm (harvest)

On the Farm News

This week the student organic farm welcomed Dr. Paul Johnson and Dr. Ralph Whiteside's Connections students. This is freshmen's orientation and exposure to USU's colleges and programs. The farm interns and farm technician got together and devised a plan to involve the Connections students in an exploration of the farm.



Thursday and Friday arrived and we were happy to receive the new students to give them an idea of what farm work is like. The events included a farm tour, weeding the flower strip, removing the golden zucchini and black plastic in our research field, a tractor loaded with straw bales to make a new compost pile, and farm clean up in the main field. After the work and tours finished we all came and huddled under the shade at the south end of the farm under our trees' canopy and enjoyed lunch. Not bad for two days work. It was a success!

We're going to be selling corn starting the week of September 12th in the afternoons. If you want more corn than what is in your share, come get more! Tell your friends!

Veggies to expect next week: tomatoes, lettuce, peppers, green onions, chard, kale, beets, carrots, basil, cilantro, potatoes and squash (broccoli and spinach maybe).

Organic Techniques: Companion Planting

Article by: Brianne Sherwood

There have been some observations (not concrete evidence) among gardeners that some plants, mostly those of the strong smelling onion family, may deter pests from finding their favorite meals. Planting certain plants with others is not likely to hurt anything and may organically serve as a sort of pest control in the end.

Pesky bugs looking for food universally despise onions, garlic, and other members of the onion family. Almost all garden plants will be less bothered if planted among onions and garlic.

Beans and potatoes planted next to each other, not interplanted but in adjacent beds, benefit each other. The beans may repel Colorado potato beetles; the potatoes may drive away Mexican bean beetles.

Celery and thyme, it has been told, may deter the white moth that begets the green caterpillar that eats cabbage, broccoli, and other cabbage family crops.

Nasturtium discourages squash bugs and whiteflies. Sage is offensive to both cabbage moths and carrot flies.

Source: The Vegetable Gardener's Bible by Edward C. Smith

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

Fabulous Flavors: Tips & Techniques

Try a "Drizzle" on Your Vegetables

By: Tamara Steinitz Vitale, USU Dept of Nutrition, Dietetics, and Food Sciences

Want to wake up that lovely plate of steamed or roasted vegetables with something a little more exciting than a pat of butter? Try drizzling on one of these simple sauces... your taste buds will be so pleased that you'll never go back. You'll probably find yourself using them in your meals more often than you think.

Balsamic Vinegar "Drizzle"

In a small saucepan over medium-high heat, simmer balsamic vinegar until it is reduced by half. This intensifies the flavor and makes it syrupy and delicious. Try it drizzled on roasted asparagus, sautéed greens or roasted root vegetables. Use it immediately or keep in a small jar in the fridge.

Spicy Peanut Sauce

Add a drizzle of this Asian-inspired sauce to cooked (sautéed, roasted, steamed, or microwaved) vegetables or grains while they are still hot. Top with chopped peanuts for an added crunch. Or, use it as a dip with fresh cauliflower, broccoli, and pepper strips. Note: this is a great way to use up that last "bit" of peanut butter in the jar – just add hot water to the jar and shake, then add the other ingredients and shake again. Voila!

2 T peanut butter

1/4 cup hot water

1 T rice vinegar

1 T soy sauce

1 T toasted sesame oil

1/2 tsp Chili Oil with garlic and ginger (Dynasty brand is excellent – find it by the soy sauce)

Shake all ingredients together in a jar. Use immediately or refrigerate for a few days. Thin consistency with water as needed.