

ASK YOUR
CHILD ABOUT
CABBAGE!



CABBAGE!

This month, we are learning all about cabbage. In Oregon, cabbage is in season from late summer to early spring. Try shredded cabbage in tacos. Or, serve cabbage with cooked black beans and rice. You can also eat pickled cabbage as sauerkraut or kimchi! Add cabbage to a vegetable soup for a tasty and warming winter dish.

CLASS RECIPE - TRY IT AT HOME!



PRODUCE TIPS

- Choose firm cabbage that is heavy for its size.
- Store cabbage in a plastic bag in the refrigerator.
- Before slicing, cut cabbage in half and remove core.
- Try green, red, Napa, and savoy cabbages!



KIDS CAN COOK: CABBAGE

Kids can help prepare cabbage and vegetable soup by:

- Using hands to tear cabbage leaves into small pieces to add to soup or another dish.
- Using scissors to cut strips of cabbage for tacos or coleslaw.
- Mixing a dressing for a coleslaw.

VEGETABLE SOUP*

SERVES 4-6

1 small onion
1 garlic clove
1 Tbs. olive oil
1 carrot, peeled
1 small potato, peeled
1 beet, peeled (optional)
½ tsp. salt
4 cups vegetable broth
1 teaspoon dried thyme or other seasoning of choice
1 16 oz. can whole tomatoes, with juice
1 cup cabbage (about ¼ small head)
1 winter squash (e.g. butternut) or sweet potato, peeled (optional)
Salt and pepper, to taste (optional)

DIRECTIONS: Chop the onion and mince garlic. Set aside. Slice the carrot into slivers. Dice the potato and the beet (if using). Slice the cabbage. Cut the squash or sweet potato into 1-inch cubes (if using). Set all vegetables aside.

Heat the olive oil in a large, wide pot. Add the onion and garlic and sauté over medium heat, until onion is soft and translucent (about 10 minutes). Add the carrot, potato, beet (if using), and salt. Sauté for 4-5 minutes. Add the broth and bring to a boil.

Once the soup boils, reduce the heat and simmer for 20 minutes. Add the tomatoes with juice, the cabbage, and the winter squash or sweet potato (if using). Simmer about 20 minutes, or until vegetables are tender.

* Adapted from Jane Kirby, <http://www.parenting.com/article/fall-vegetable-soup>