



## The Humble Head of Cabbage

Cabbage is one of winter's most versatile vegetables. Raw, steamed, slow-baked, roasted, braised, or fermented - cabbage is packed with vitamins K and C, as well as a good source of the anti-inflammatory amino acid glutamine. Cooking and fermenting makes this nutritional goodness more available. Here are some of our favorite ways of savoring this beautiful brassica.



### Simple, Comforting Cabbage

This recipe for [Unstuffed Cabbage Rolls](#) has all of the components of cabbage rolls, but the preparation is much simpler. Ground meat, tomatoes, and cabbage with the cozy flavors of cinnamon and nutmeg come together in this comforting, classic dish. We serve this with rice or - my favorite - barley.

[Russian Cabbage Borscht](#) uses a whole array of in-season produce - cabbage, beets, potatoes, onions, and carrots. I love the tanginess of the cider vinegar and tomato puree contrasted with the sweetness of the winter veggies and the honey.



### Cabbage - Raw and Fermented

**Slaw is a taco night staple in our house.** I use this recipe - [Cilantro Lime Slaw](#) - as inspiration. Most of the time, I add shredded carrots, for the color and sweetness. The vinaigrette is sweet and tangy. Sometimes I'll add a little mayo or yogurt for the creaminess. It is delicious with or without the cilantro. If it isn't cilantro season, I'll often add some crushed coriander seeds - the seed of the cilantro plant.

**Homemade sauerkraut is simple to make, delicious, and so good for you.** Cabbage has about 30 mg of Vitamin C per cup, but guess what happens to cabbage when you ferment it? Cornell University found that fermented sauerkraut can have as much as *600 to 700 mg per cup!* I follow the method in [Fermented Vegetables](#). In this cookbook, the Shockeyes share some creative kraut variations. Their [Lemon-Dill Kraut](#) is a favorite.



## MEADOWLARK COMMUNITY FARM FARM STAND

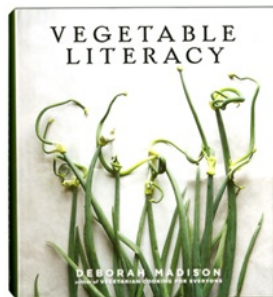
### Next week, we're offering another produce sale!

Our online farm stand shop will open on Saturday morning, and you will have until Monday morning at 9am to place an order. Your order will be delivered to your chosen pick-up location on Wednesday, January 20th.

[Sign Up for Farm Stand Notifications](#)

## Farmhouse Favorites

In this segment of The Monthly Meadowlark, we'll be sharing a few of our favorite (cooking-related) things. Cookbooks, ingredients, techniques, tools, et cetera to inspire you in your kitchen adventures.



### ***Vegetable Literacy* by Deborah Madison**

Deborah Madison's cookbooks are full of vegetable-centered recipes. The pictures in *Vegetable Literacy* are gorgeous, and the recipes are delicious and simple. From the introduction: *"Because the garden is the other side of the kitchen, it helps to have some ideas about how to use what we grow, how plants relate to one another on the plate as well as in the garden bed. I hope these recipes will illustrate that simply and in good taste. I'm convinced that the garden helps us cook better, more easily, and, ultimately, more deliciously."*



### **Whitaker's Market**

Located in Hillsboro at 1001 Water Ave, Whitaker's Market is a family owned and operated grocery - a mix between a local food co-op, discount store, and Amish bulk grocery. Duane carries an impressive amount of organic products. We purchase many of our dry goods from here, like oats, raisins, and rice.

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