



# NEWSLETTER

2024 CSA

WEEK 8

## in the box

Broccoli	each
Cabbage	each
Garlic	2 each
Salad Mix	1/2 lb bag
Cherry Mix Tomatoes	pint
Cilantro	bunch
Red Spring Onion	each
Plums	pint
Blackberry	half-pint

## Cabbage

Welcome to week8. This week's box features cabbage, along with several other delicious greens. We are adding plums and blackberries to have just an extra bit of sweetness in the box.

Cabbage has been cultivated for over 4000 years. Many varieties of cabbage exist and it is widely used in cuisines to make coleslaw, cabbage rolls, grilled cabbage steaks, spring rolls and much more. I am sharing a simple recipe that uses cabbage, garlic, and lemon. It makes a perfect side dish. You can add red onion to this recipe to add some more texture. Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

## Lemon Garlic Sautéed Cabbage

<i>Ingredients</i>	
2 lbs cabbage, core removed, shredded (10 cups)	Pinch crushed red pepper flakes
1 ½ tablespoon extra-virgin olive oil	½ teaspoon fine sea salt or more to taste
1 tablespoon garlic, minced	Half a lemon, cut into wedges



Source: [inspiredtaste.com](http://inspiredtaste.com)

To shred the cabbage, quarter the cabbage through the core, and then cut out the core. Cut each quarter crosswise in half and finely shred. Rinse and spin or pat very dry.

This cabbage recipe is great with onions, thinly slice and add them to the pan at the same time as the cabbage

1. Heat olive oil in a large skillet or Dutch oven over medium-high heat. Add the cabbage, garlic, red pepper flakes, and the salt. It might seem like too much cabbage for the pan, but as it cooks, the cabbage will wilt down.
2. Cook, stirring occasionally until the cabbage is tender and some of the cabbage begins to turn a light brown, 10 to 15 minutes.
3. Squeeze the juice from 2 lemon wedges over the cabbage. Taste then adjust with more salt, pepper, and lemon juice as needed.

