

Farm



Fresh

October 2003

Available Now...

Cabbage

Cabbage is not just for cole slaw! Try it in soups or add to your main entree for a hearty flavor.

Cabbage is Colorado's third leading vegetable crop. In 2002 the state produced more than 114 million pounds valued at nearly \$11 million.

Good quality cabbage should be well-formed, fairly even colored and heavy for its size. Cabbage leaves should be very compact and fairly smooth.

Cabbage is fat free, very low in sodium and high in the antioxidant Vitamin C.

Look for Colorado cabbage at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Chinese Fried Cabbage

Colorado Chef Michael Pizzuto

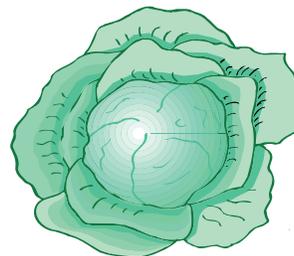
- 1¼ lb. Cabbage, shredded
- ¼ cup Onion, chopped
- ¼ cup Fresh sweet peppers, chopped
- ¼ lb. Bacon, chopped
- ½ lb. Bean sprouts, canned
- ¼ cup Pimentos, canned, chopped
- 2 Eggs
- Salt
- Black Pepper
- Garlic

Saute onions, peppers and bacon together until bacon starts to brown then add cabbage and mix lightly. Continue to heat, stirring constantly until mixture begins to steam. Cook 10 minutes longer, stirring occasionally.

Drain bean sprouts and pimentos and add to cabbage mixture. Sprinkle salt, pepper and garlic over cabbage, fold over several times to blend. Heat to steaming and place in serving pan.

Beat two whole eggs and pour into small greased sheet pan. Bake 6 to 8 minutes or until firm. Cut eggs into thin strips, 3 inches long, and spread over cabbage.

Enjoy with a Colorado wine, such as a glass of Syrah from DeBeque Canyon Winery, located in Palisade, Colorado.



Next Month... Carrots