



# FarmFresh

## Recipes

October 2020

**Available** Now...

### Cabbage

Colorado harvests more than 1,300 acres of cabbage every year.



#### Tips & Nutrition

Cabbage relatives include broccoli and cauliflower, and there are more than 400 varieties of cabbage in the world. Choose cabbage heads with compact leaves that are heavy for their size. Cabbage is very low in sodium and high in Vitamin C. Look for Colorado cabbage at your local grocery store, farmers' market or at restaurants across the state.

**Fresh** Inspirations...

#### Fall Vegetable Stew

##### Ingredients

4 Tbsp. Olive Oil	3 Bay Leaves
6 Ribs Celery, diced	1 Tbsp. Dried Chervil
2 Carrots, diced	1 Tbsp. Celery Seed
1 Small Red Onion, diced	1½ Tbsp. Caraway Seed
1 Zucchini, diced	4 Cups Cabbage, shredded
1 Yellow Squash, diced	24 oz. Tomato Puree
1 Red Bell Pepper, diced	2 Quarts Chicken Stock
1 Yukon Gold Potato, diced	Kosher or Sea Salt and White Pepper to taste
2 Tbsp. Garlic, chopped	

##### Directions

Heat a sauté pan and add the olive oil. Sauté the carrots, celery, onions and peppers until lightly browned then add the zucchini, yellow squash, garlic and potatoes and sauté for about 5 minutes. Add the herbs, seasonings and cabbage, then add the stock, tomato puree and season to taste. Bring to a boil and reduce to a simmer. Simmer for about 30 minutes or until potatoes are fork tender. Garnish with julienned cabbage and Pecorino Romano cheese.

Enjoy with a glass of Colorado wine such as Nebbiolo from Red Fox Cellars in Palisade, Colorado. This wine is part of the 2019 Colorado Governor's Cup Collection, which includes wines that best represent Colorado's wine industry as selected by a panel of national and Colorado wine professionals.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at [www.coloradoproud.org](http://www.coloradoproud.org) for a complete list of recipes.

**Next Month... Colorado Squash**