

# Farm



# Fresh

October 2007

## Available Now...

### *Cabbage*

Cabbage is not just for Cole slaw! Try it in soups or add to your main entree for a hearty flavor. In 2006 the state produced more than 133 million pounds of cabbage valued at \$13.1 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 features a different commodity to highlight the variety and quality of products grown throughout Colorado.

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

## Hearty Vegetable and Cabbage Stew

*Chef Jason K. Morse, C.E.C., Valley Country Club*

Serves 12

2 fl. oz.	Olive oil
6 ribs	Celery with leaves, medium diced
2 medium	Carrots, medium diced
1 small	Red onion, medium diced
2 medium	Green zucchini, medium diced
2 medium	Yellow squash, medium diced
1	Red Bell Pepper, medium diced
1	Green Bell Pepper, medium diced
3 medium	Yukon Gold Potatoes, medium diced
2 Tbsp.	Garlic, chopped
3	Bay leaves, broken in half
1 tsp.	Chervil, dried
1 tsp.	Celery seed
1-1/2 tsp.	Caraway seed
4 cups	Cabbage, shredded
24 oz.	Tomato, puree or ground
96 fl. oz.	Water, room temperature
8 oz.	Chicken base
	Kosher or sea salt to taste
	White pepper to taste

Heat a sauté pan and add the olive oil. Bring the olive oil up to temperature. Sauté the carrots, celery, onion and peppers until lightly browned. Add the zucchini, squash, garlic and potatoes and sauté for about 5 minutes. Add the herbs, seasonings and cabbage then add the water, tomato and chicken base. Bring to a boil and reduce to a simmer. Simmer for about 30 minutes or until potatoes are fork tender.

The overall flavor should be balanced very well, be careful not to over season. Garnish with julienned cabbage and Pecorino Romano Cheese. Great served with bread or in a bread bowl.

Enjoy with a Colorado wine, such as a glass of Lemberger from Trail Ridge Winery, located in Loveland, Colorado.

## *Next Month... Squash*