

Food for Health: Green Cabbage

Harmony Acres - Eagle Bend, MN

The locally sourced items available through Sprout can benefit individual health and promote environmental and economic health in the community.

Green cabbage is a cool-season vegetable suited for both spring and fall. It is ready for harvest when the head of the plant is firm. This old staple vegetable has been cultivated for over 4,000 years.

Andy and Sadie Miller of Harmony Acres are Amish farmers. Harmony Acres has grown produce on their family operated farm since 2018. Their green cabbage is certified organic.

Green cabbage is an excellent source of vitamin C, vitamin K, iron, calcium, manganese, and protective phytochemicals. Vitamin C is important for immune function and skin health.

Cabbage is inexpensive, hardy, versatile, and easy to store making it a mainstay of cuisines around the world. Green cabbage can be eaten raw, cooked, or fermented (as kimchi or sauerkraut).

Buying a whole head of cabbage rather than a prepackaged bag is an easy way to get the best bang for your buck.

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We hope to be your number one in quality produce
- Harmony Acres

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BBQ Ready Coleslaw

Directions

1. In a medium saucepan, add protein and bbq sauce. Cook at medium heat until fully cooked (~25 mins).
2. Shred protein and add more BBQ sauce, if desired.
3. In a medium bowl, combine ingredients for the slaw.
4. Serve bbq and coleslaw on a warm bun or in a bowl with brown rice.

Green cabbage has a slightly bitter, mustardy flavor

Storage tip: Green cabbage is best stored in the refrigerator wrapped in plastic to preserve for a couple weeks.

Ingredients

Slaw:

- 4 cups cabbage, shredded
- 1 cup kohlrabi, shredded
- 1 cup carrots, shredded
- ½ cup radish, shredded
- ½ onion, chopped
- 3 Tbsp garlic scapes, chopped
- 1 lime, juiced
- 3 Tbsp cider vinegar
- ⅓ cup plain greek yogurt
- Salt and pepper
- Optional: ½ cup apple, thinly sliced

Bbq

- 3 cans jackfruit or 2 lbs meat of choice
- 2 cups bbq sauce

To learn more, visit the
Sprout website at
www.sproutmn.com/recipes.

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