



CABBAGE

"Brassica
oleracea
var. capitata"

- eaten globally, in almost every country!
It's very good at adapting to a range of climates.
- Low in calories, but super high in vitamins A, C, Calcium, Potassium, & Magnesium.
- Cabbage is 90% water.
- Can eat RAW or lightly cooked. Overcooking produces smelly odors & pungent flavors.
Boil, saute, steam, dice, or ferment (kimchi + sauerkraut)

Red Cabbage Slaw

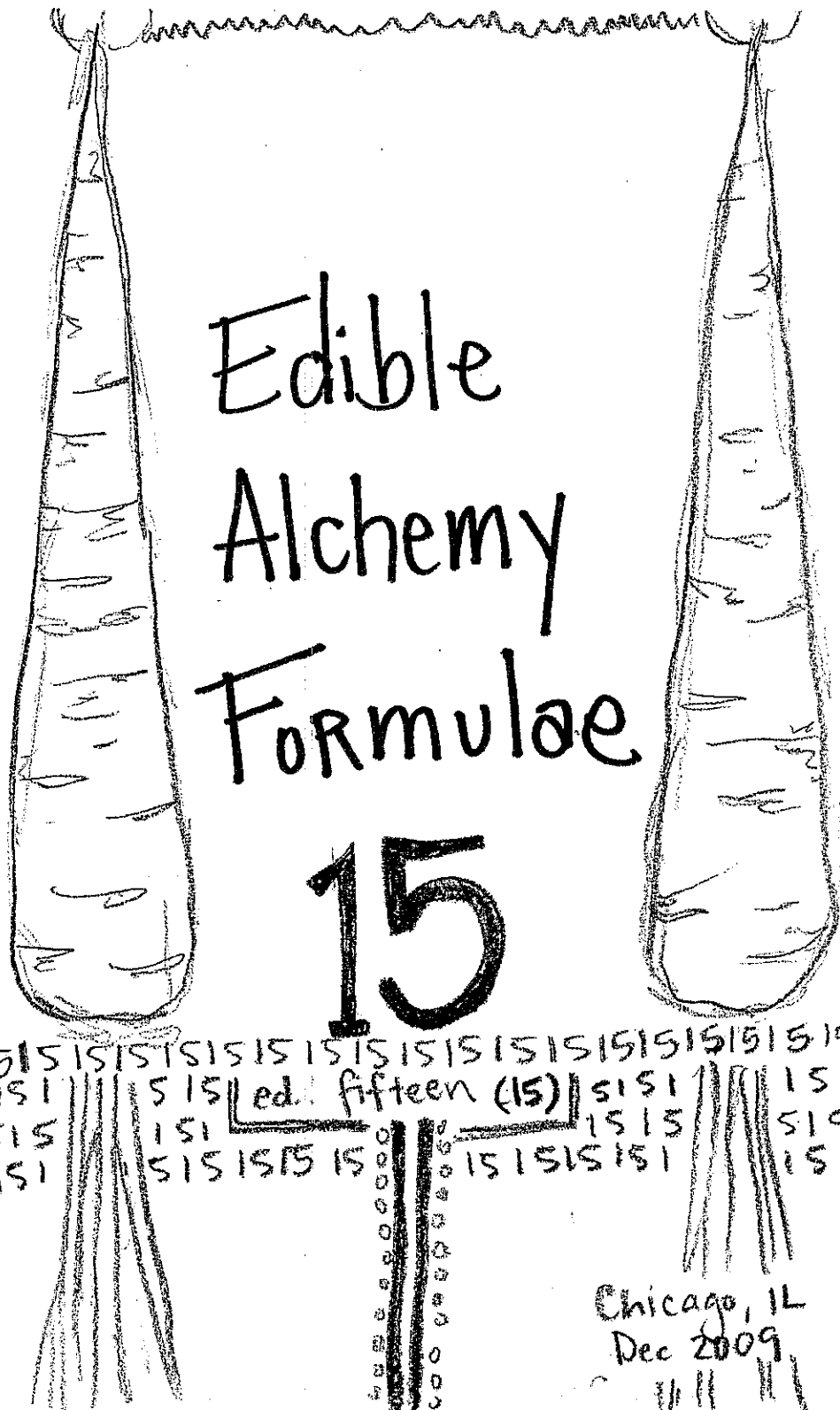
1 head cabbage
1 lb carrots
1 bunch cilantro

1/3 c lime juice
1/3 c apple cider vinegar
2 T salt
1 T chili powder

Method:

- 1 Quarter & core the cabbage. Slice thinly, or use a food processor. Grate carrots. Chop cilantro.
- 2 Toss all ingredients together, and let stand for an hour.
- 3 Serve as a side, on sandwiches, tacos, with lentils or beans, or in a leafy salad.

♥♥ Contact: ediblealchemy@gmail.com

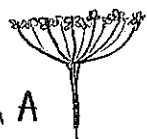


Chicago, IL
Dec 2009

CARROTS

"Daucus carota"

o a member of the umbeliferae (umbel) family. (They all have umbel shaped flowers)
also: Parsley, celery, parsley, cilantro, fennel, caraway, dill, & Queen Anne's Lace.



o Contains high amounts of vitamin A and beta carotene (gives them orange color, too!). as well as fiber, calcium, potassium, & trace minerals.

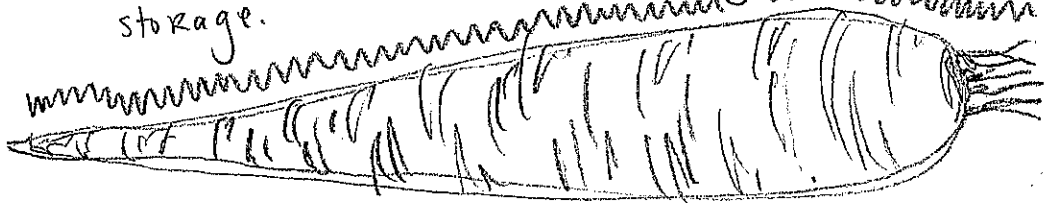
o Do not peel! Most nutrients are located just below the skin. Scrub w/ a vegetable scrubber to remove the dirt.

o Eating fresh or lightly steamed retains most of the nutrients.

o Can blend into dishes to add sweetness (such as soups & tomato sauces).

o Greens can be chopped and lightly sauteed, OR served raw as a salad OR, dry them and use like parsley.

o To store: remove greens and refrigerate in a plastic bag for 2-4 weeks. Can also blanch and freeze for long term storage.



LAT'S SAUTEED CARROTS

(all quantities are approx estimations) by lat Moop!

- 1-1.5 c carrots, sliced thin in discs or diagonals.
- 1/2 c onion, diced
- 1 c cabbage, coarse chopped (1/2" sq. pieces)
- 1 c greens, chiffonade cut or coarse chopped
- 1-2 T minced ginger
- 1-2 T minced garlic

1/2 t cumin seeds (whole)

1/2 t chili flakes

1/2 t turmeric

1/2 t ground marjoram

1-2 t sea salt

1/4 c veg oil (high heat -> safflower, canola, sunflower)

Method: ① heat oil on a low setting. add cumin seeds + chili flakes. Let sit 5-10 min, 'til chili browns.

② Add garlic, stir vigorously (careful, hot oil will splatter!) Add salt, onions BEFORE garlic browns (brown garlic = yuck).

③ Just before onion is translucent, add cabbage. " " add turmeric + chili powder. Add carrots + ginger.

④ You don't want carrots to get mushy! Stir, stir, stir... add chopped greens... et voila.. cest fin!