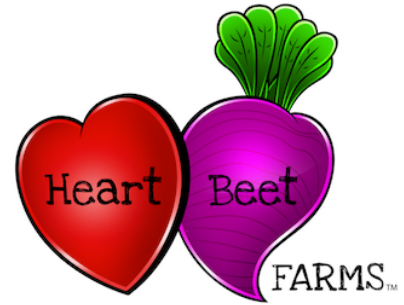


Week 6



We hope you enjoyed Week 5's CSA box & soup!

In Week 6, we are going to explore CABBAGE! There are 4 primary types of cabbages including: Green, Red, Napa, and Savoy. Green cabbage is the most common and can be eaten raw or in stir fries, soups and braises. The whole leaves can be used to make cabbage rolls. Red cabbage has a little deeper and earthier flavor and is great for making coleslaw and leafy green salad mixes. Napa is also called Chinese cabbage, it has thick, crisp stems and yellow-green leaves. Savoy Cabbage, also known as curly cabbage, is deep green with crinkled leaves and great for soups and stir fries. Cabbage is an excellent source of Vitamin K, Vitamin C and Vitamin B6 in addition to manganese, dietary fiber, potassium, vitamin B1, folate and copper. Enjoy your cabbage!

*Peace, Love & Veggies,
Ann & Jen*

Weekly Soup or Sauce: **Cabbage Soup**

Ingredients

- Savoy Cabbage
- Tomato
- Onion
- Celery
- Pepper
- Veggie Base



*Recipe by Healthy Living Networking

What else is included in your box this week?

- Cabbage
- Kale
- Arugula
- Radishes
- Cucumbers
- String Beans
- Tomatoes
- Peppers
- Onion

Recipe Idea:

Tomato, Cucumber, & Feta Salad

Ingredients:

Tomatoes; Cucumbers; Feta Cheese; Parsley or experiment with other herbs; Olive Oil; Apple Cider or Red wine Vinegar ; Salt & Pepper

How to Make It:

Slice all the ingredients & combine
Mix olive oil, vinegar, salt and pepper for dressing
Add dressing to veggie mixture

IMPORTANT NOTE

Protecting our Earth through recycling is very important to HeartBeet Farms. Please contribute by bringing back the box that your veggies arrive in when you pickup or we deliver the following week.

heartbeetfarms.com

Link to our  *Pinterest* for recipes