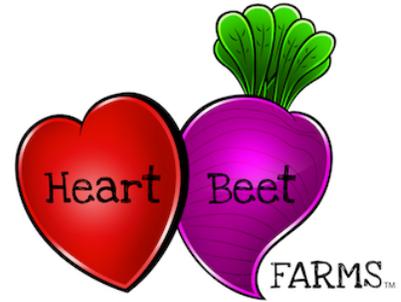


# Week 3



**We hope you enjoyed Week 2's CSA box!**

In Week 3, we have some bountiful **Green Cabbage** that can be used in a diversity of recipes. Use it in soup, roast it, stuff it, slice it into a cole slaw raw, and more. There are 4 primary types of cabbage including: Green, Red, Napa, and Savoy. Green cabbage is the most common. Red cabbage has a 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. Chinese or Napa Cabbage was included in your share last week. Savoy Cabbage, also known as curly cabbage, is deep green with crinkled leaves and great for soups and stir frying. 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.

**What is Endive?** Curly endive, sometimes called frisée or simply chicory, comprises a bushy head of curly greens with leaves of a lacy texture. The slightly bitter flavor is more intense in the leaves that are a darker shade of green. It is often mixed in salads to add texture as well as flavor. **Embrace the bitter!**

Peace, Love & Veggies,

**Ann & Jen**

## Weekly Soup:

### *Kale & Vegetable*

#### Ingredients

- Kale
- Carrots
- Tomato
- Celery
- Onion
- Vegetable Stock
- Seasonings

• \*Recipe by Jason's Food Service Group & Catering

### *What else is included in your box this week?*

Green Cabbage  
Zucchini and/or Squash  
Cucumbers  
Arugula  
Endive  
Herbs

### **IMPORTANT NOTE**

Please bring back your HeartBeet Farms bag(s) every week or leave out at your home for pickup! If you lose your bag, please purchase a new bag for \$4. If you forget your bag, bring a bag that we can place your items in and remember to bring your HB bag next week!

*Simple Recipe Idea from CSA member*

### **Roberta...Roasted Cabbage**

- Slice cabbage into 4 or 5 pieces
- Place the slices flat on a cookie sheet
- Lightly brush olive oil and sprinkle with sea salt and pepper (if you like garlic, rub garlic cloves or lightly smear garlic paste over each slice)
- Roast about 20 minutes @ 400 degrees; turn over and roast another 20 minutes or so (cabbage slices should be crispy on the edges)

[heartbeetfarms.com](http://heartbeetfarms.com)

Link to our  **Pinterest** for recipes