

LOCAL CHEF RECOMMENDS - - BRAISED CABBAGE

¼ cup (50 mL) butter	1 tsp (5 mL) caraway seeds
4 strips bacon, chopped	½ tsp (2 mL) hot pepper flakes
2 medium onions, thinly sliced	1 cup (250 mL) chicken stock
2 lb (1 kg) Savoy cabbage, thinly sliced	½ cup (125 mL) white wine
1 bay leaf	2 tbsp (25 mL) apple cider vinegar
2 tsp (10 mL) chopped fresh thyme	2 tbsp (25 mL) honey
	Salt and freshly ground pepper

1. Melt butter in a large skillet over medium heat. Add bacon and cook for 5 minutes or until just beginning to brown. Add onion to skillet, and cook for 3 minutes or until softened. Stir in cabbage and sauté for 5 minutes or until tender crisp.

2. Add bay leaf, thyme, caraway, hot pepper flakes and stock. Cover skillet and simmer gently over low heat for 20 minutes or until flavours have married and cabbage is very tender.

3. Add wine, vinegar and honey. Turn heat up to medium, and simmer uncovered for 5 minutes longer or until liquid has almost entirely evaporated. Remove bay leaf and season with salt and pepper to taste.

Serves 8

For additional recipes and produce information
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HOLLAND MARSH CABBAGE

FACTS

The cabbage is a member of the cruciferous family. Other vegetables that have developed (or evolved) from the early strains of cabbage include Brussels sprouts, cauliflower and kale. Cabbage is a round, hardy vegetable that is available in various shades of green, as well as red or purple varieties. Most varieties have smooth leaves, but some types have ruffled, textured leaves. Cabbage is usually shredded raw into salads or used as an ingredient in stews, soups or baked dishes.

Health Benefits: Cabbage is an excellent source of Vitamin K and a source of Vitamin C and Folate.

Number of acres farmed in the Marsh annually: 56 acres



HOLLAND MARSH ONIONS

FACTS

Onions are a member of the allium plant family, which includes leeks, shallots and garlic. There are two categories of onions: dry onions for storage and green onions for fresh use. Raw onions add a pungent bite, and cooked ones a mellow sweetness to many dishes. Onions come in many sizes, colours and flavours. Red onions have a mild, sweet flavour, which makes them a favourite for salads and sandwiches. Stronger white and yellow are best for cooking. Green onions are mild, when fresh and both the bulb and greens can be eaten.

Health Benefits: Onions are a source of Vitamin C, Vitamin B6, Folate and Manganese.

Number of acres farmed in the Marsh annually: 4,000 acres