



Winter 2014

Fresh Pickings *from the Farm*

Leeks
Cabbage
Rosemary
Garlic
Chard
Celery
Kale
Potatoes
Parsnips
Turnips
Onion
Thyme
Sage
Rosemary
Carrots
Butter
Chicken

The Meal Plan

- Winter Leek Cabbage Frittata
- Roasted Chicken w/ Vegetables
- Minestrone Soup with Homemade Broth

Winter Leek Cabbage Frittata

- 1 Tbs. butter
- 1 leek, *thinly sliced*
- ½ head cabbage, *thinly sliced*
- 2 tsp. dried rosemary
- 2 tsp. minced garlic
- 8 large eggs, *gently whisked*

Heat butter in 10-inch skillet over medium heat. Add leeks and cabbage and salt to taste. Cook, stirring frequently, over medium low heat until leeks and cabbage are soft, about 10 minutes. Stir in herbs, cover and cook for 5 more minutes. Add garlic cook another minute. Combine eggs, ground pepper, and pour over vegetables. Cook over medium heat 3-4 minutes, preheat broiler. Place pan in oven and broil until eggs are set, about 4-6 minutes.

Seasonal Extender – Exchange cabbage for greens such as turnip tops.

Roasted Chicken with Vegetables

- 1 whole chicken
- Salt and pepper
- Parsnips, turnips, potatoes, leeks, onion, cabbage, *chopped*
- Sprigs of thyme, sage or rosemary

Season chicken with salt and pepper inside and out, place a few sprigs of herbs inside the bird. 1 hour before cooking, remove bird from refrigerator and place on top of vegetables in lightly oiled pan, breast up and a few sprigs on top of breast. Place bird in oven preheated to 400 F and roast for 20 minutes. Next, flip bird breast down and roast for another 20 minutes. Flip bird breast side up one last time and roast 10-20 minutes until done. Let rest for 15 minutes before carving. Serve with roasted vegetables from pan and Salsa Verde.

Salsa Verde:

- 1/3 cup chopped fresh green herb, *whatever is in season!*
- Grated zest of 1 lemon
- 1 garlic clove, *minced fine*
- 1 tbs capers, *rinsed and chopped*
- ½ tsp salt
- fresh pepper
- ½ cup olive oil

Combine all ingredients in small bowl.

Herbs of Choice: Parsley, basil, chives, chervil, tarragon, cilantro, sorrel, marjoram, savory, thyme, mint, rosemary



Winter Minestrone (Broth Making)

- ¼ cup olive oil
- 2 ½ cups roasted root vegetable, *(previous recipe)*
- 1 large onion - chopped
- 2 carrots finely - chopped
- 4 garlic cloves coarsely - chopped
- 5 thyme sprigs
- 1 bay leaf
- 3 cups broth – see recipe below

Reserve 2 ½ cups roasted root vegetable from previous recipe (if needed supplement with additional veg). Heat ¼ oil in heavy bottomed pot, add onion and carrots cook for 10 minutes till soft. Add garlic, thyme, bay leaf, salt. Cook 5 min then add 3 cups broth, bring to a boil. When boiling, add left over roasted root vegetables. Cook for 5 minutes. If soup is too thick, add additional broth. Season to taste with salt and pepper.

COOKING SCHOOL >> How to make Bone Broth

- Left over chicken bones *(previous recipe)*
- 1 carrot, *peeled*
- 1 onion, *peeled and halved*
- 1 head of garlic, *cut in half*
- 1 celery stalk
- salt
- ½ tsp black peppercorns
- 1 bouquet of parsley, thyme and a bay leaf
- 3 tablespoons wine

Put bones in large heavy pot, add 1 ½ gallon cold water, bring to a boil then turn heat to low to bring to a simmer. Add remaining ingredients. Simmer for 4-5 hours and strain when finished.

Healthy Eats Break Down – Cabbage

Cabbage is in the broccoli or Brassica family. Within this family, it is probably the best for storing some of summer's nutrition into the fall and winter. It can be stored upside down in a cool location for several months or for even longer as a fermented sauerkraut. Cabbage, especially steamed, can help lower cholesterol by binding bile acids and carrying them out of the body. There is a substance in cabbage called glucosinolate which has received much attention for its ability to prevent cancer. To get the greatest anticancer benefits you will want to briefly steam or sauté your cabbage. Avoid prolonged cooking and don't use a microwave as that has been shown to destroy the enzyme that converts the glucosinolates into cancer preventive compounds. Red cabbages have a greater content of polyphenols, particularly the purple-pigmented anthocyanin. A serving of red cabbage will provide 195 mg of polyphenols with 28 of them being anthocyanins. Meanwhile a serving of green cabbage will provide only 45 mg of polyphenols and almost no anthocyanins. So mix it up a bit and have a little more purple in your life.

Lastly, cabbage is wonderful for a sore, ulcerated stomach. Raw cabbage juice has long been used to help heal ulcers. This effect is thought to be due to the high concentration of the amino acid glutamine in cabbage and the vegetables ability to decrease H. pylori associated inflammation and H.pylori numbers in the gut. Glutamine is the preferred energy source of the cells lining the intestinal tract. Providing it is thought to improve mucosal integrity. The glucosinolates and polyphenols contribute an anti-inflammatory effect.

-Dr. Kathleen Allen