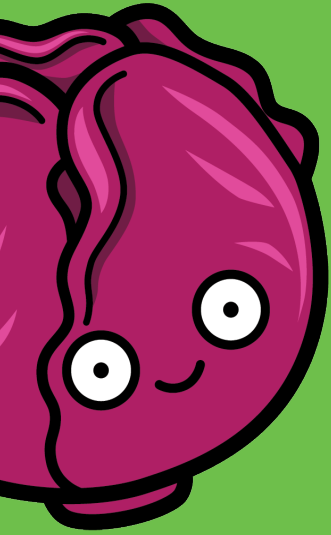


EAT FRESH. LIVE BETTER.
HARVEST OF THE MONTH:
Cabbage

www.qualitycareforchildren.org/farm-to-ece

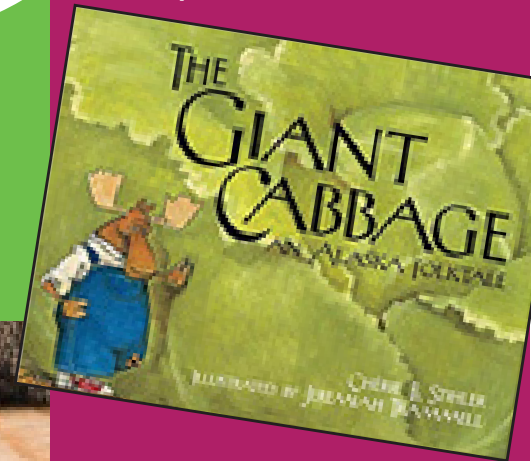


**WHY IS
CABBAGE
IMPORTANT?**

Cabbage (leafy green, red (purple) or white) is an excellent source of vitamin K, vitamin C, and vitamin B6. It is a good source of fiber, potassium, iron, and calcium.

READ IT!

The Giant Cabbage: An
Alaska Folktale
by Cherie Stihler



MAKE IT! LEMON GARLIC SAUTEED
CABBAGE

Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Add the cabbage, garlic, red pepper flakes, and the salt. It might seem like too much cabbage for the pan, but as it cooks, the cabbage will wilt down.

Cook, stirring occasionally until the cabbage is tender and some of the cabbage begins to turn a light brown; 10 to 15 minutes.

Squeeze the juice from 2 lemon wedges over the cabbage. Taste then adjust with more salt, pepper, and lemon juice as needed.



Moose discovers a very big cabbage in his garden that could win first prize at the Alaska State Fair. But there's a problem--it's so huge he can't lift it!

Buy this book here:
amzn.to/2piAGM1

Want more books to read? Look at our monthly book list:
www.qualitycareforchildren.org/homecabbage

