

Harvest of the Month



Cabbage— September

Facts About Cabbage:

- ◆ There are at least a hundred different types of cabbage grown throughout the world, but the most common types in the United States are the Green, Red, and Savoy varieties.
- ◆ **Cook it:** Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried, and eaten raw.

Cabbage Nutrition:

- ◆ Cabbage has virtually no fat. One cup of shredded raw cabbage contains 50 calories and 5 grams of dietary fiber. One cup of shredded raw cabbage contains 190% of the recommended daily amount of vitamin C. Cabbages are also an excellent source of fiber and vitamin K, calcium, potassium, and magnesium.
- ◆ Cabbage and its relatives (broccoli, cauliflower, Brussels sprouts) are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.

5210 Every Day!



MORE CABBAGE RECIPES →

Next Month: Apples



KIMCHI CABBAGE SAUTÉ

Kimchi is a traditional fermented cabbage dish from Korea. This quick recipe includes some of the key intense flavors.
Servings: 6 (Approx. 2/3 c.)

INGREDIENTS

2 Tbsp. olive or dark sesame oil
2 scallions, cut into 1/2" pieces, plus more, sliced
2 garlic cloves
1 1" piece peeled ginger, chopped
2 Tablespoons gochujang or other chili sauce (sriracha)
1 Tablespoon fish sauce (can substitute soy sauce)
1 Tablespoon unseasoned rice vinegar
2 t. Soy sauce or ponzu (optional)
2 t. Maple syrup
1/2 head cabbage, cut in 1" strips
1 Tbsp. sesame seeds
Kosher salt (optional)

RECIPE PREPARATION

Heat oil in a large skillet over medium high heat. Add scallions, garlic, ginger, gochujang, fish sauce, rice vinegar, optional soy/ponzu and maple syrup. Add cabbage and cook, tossing often, until crisp-tender, about 5 minute. Sprinkle with 1 Tbsp sesame seeds and optional salt.

Serving suggestion: After cabbage is cooked, add one egg per person to top of cabbage. Reduce to simmer, cover and serve when egg is cooked. Other protein options: add cooked chicken, beef or pork at the end of the cooking process. Vegetarian: add cubed firm tofu and chopped peanuts or almonds.



Nutrition Facts

servings per container	
Serving size	(80g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 128mg	10%
Iron 3mg	15%
Potassium 20mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The Harvest of the Month is a partnership between Jackson County Department of Health and Human Services, Black River Memorial Hospital, Together for Jackson County Kids, Ho-Chunk Nation, UW Extension-Jackson County, Lunda Community Center, Boys and Girls Club, Hansen's Market, local school districts, The library and the community.

Wellness Events



September

Visit www.JacksonInAction.org for healthy living information.

Sept. 3, 2018 - The Millston .1K for MDA. Starts at 11:50AM on Berry Street, next to the Ballfield In Millston, \$20 entry fee, Free T-Shirt to the first 100 to enter! Registration throughout Labor Day Weekend in the Park!

Sept. 8, 2018 - Move with a Doc, 9:00am, Meet at Jackson County Farmers' Market.

Sept. 12, 2018 – **Diabetes Education & Support Group** – Cooking with Culinary Herbs- DH#1 10:30 – 11:20 – DH #1 at BRMH

Sept, 20, 2018 – **WEAU-TV 13 4 p.m. News. Harvest of the Month/Cabbage** Live cooking demo with Ruth Chipps, BRMH Nutritionist

Sept. 27, 2018 – **Harvest of the Month** – BRMH Cabbage recipe tasting at BRMH Café 11:30am – 12:30 pm

B-WELLthy recipes videos:

www.brmh.net/recipes

More info. on healthy living at www.JacksonInAction.org



Thursdays 2:00-6:00pm
Saturdays 9:00 am – 1:00 pm
Next to BRF High School

TROPICAL SLAW

Ingredients:

1 cup of pineapple chunks, drained and diced (reserve the pineapple juice) or fresh pineapple

1 16 oz. bag of coleslaw mix

3 green onions, diced,



YOGURT DRESSING:

2/3 cup of plain Greek yogurt

1 1 1/2" piece of fresh ginger, grated – about 2 teaspoons or 1/4 t. dried ginger powder

3 tablespoons of apple cider vinegar

1 tablespoon of honey

2 tablespoons of reserved pineapple juice

1/8 teaspoon of crushed red pepper flakes

1/2 teaspoon of salt

✦ In a large bowl, toss together the diced pineapple, coleslaw mix and green onions.

✦ In a small bowl, whisk together the Greek yogurt, grated fresh ginger, apple cider vinegar, honey, pineapple juice, red pepper flakes, salt and pepper. If the dressing still seems too thick, add another tablespoon of the reserved pineapple juice. Add about half of the dressing to the coleslaw mix and toss together. Add more dressing as needed.

✦ Chill for at least 30 minutes before serving so that the flavors blend.

Get our Free 5210 Newsletter at www.JacksonInAction.org

RECIPE VIDEOS: www.JacksonInAction.org/recipes
See it LIVE on WEAU-TV 13 (NBC) Eau Claire
Thurs. Sept. 20 at 4 p.m. with Ruth Chipps, RDN, CD



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