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Did you Know...

The word “cabbage” comes from the Latin word *caput* and the French word *caboché*, both mean “head”.

The worlds largest cabbage was grown in England in 1865 and weighed 123 pounds!

EAT WELL, AGE WELL. March- Cabbage

March is a great month to celebrate cabbage as we honor Irish and Greek American Month. Cabbage is enjoyed by both cultures in a variety of delicious ways. Many of us associate corned beef and cabbage as a traditional Irish dish but did you know that corned beef is not an Irish national dish? The connection with Saint Patrick's Day specifically originates as part of Irish-American culture and is often part of their celebrations in North America. The corned beef was used as a substitute for bacon by Irish immigrants in the late 19th century. I do feature a simple authentic Irish side dish, *Irish Heritage Cabbage* on the next page.

Greek Stuffed Cabbage rolls, called *Lahanodolmades* are a traditional Greek winter dish. Cabbage, rice, herbs, spices, and meat, served with a delicious egg-lemon sauce. Or *Greek Cabbage with Rice -Lahanorizo*, featured on the next page.

Cabbage is 90% water so it can help keep you hydrated.

Cabbage is an excellent source of vitamin C, and a good source of fiber, vitamin K, B6 & folate. Folate plays a key role in breaking down homocysteine, an amino acid that can exert harmful effects on the body if it is present in high amounts.

"How does a farmer mend his pants? With cabbage patches."

Greek Cabbage with Rice (Lahanorizo)

Ingredients

- ¼ cup olive oil
- 1 medium onion diced (about 1 cup)
- ½ of a small cabbage (sliced)
- ½ tablespoon tomato paste (dissolved in 2-3 TBSP of water)
- salt/pepper
- About ½ teaspoon cayenne pepper (optional)
- ½ cup medium grain rice (uncooked)
- Lemon and parsley for serving

Instructions

- Heat olive oil in a medium pot. Add the onion and sauté until soft about 5-7 minutes
- Add the cabbage and stir. Heat for 2-3 minutes until the cabbage has wilted.
- Add about 1 cup of hot water and simmer for 20-30 minutes with the pot covered until the cabbage is soft. Add more water if needed.
- Once the cabbage is soft add the tomato paste and seasonings, and stir.
- Add ½ cup (uncooked) medium-grain rice, and stir.
- Add 1 ¼ cups hot water and simmer (pot covered) until rice is almost cooked (about 15 minutes). Remove from heat and keep covered until the rest of the water is absorbed.
- Serve with lemon and sprinkle with parsley if desired.

Recipe adapted from <https://www.olivetomato.com/spiced-greek-cabbage-with-rice-lahanorizo/>

Irish Heritage Cabbage

Ingredients

- 2 slices Irish or Canadian bacon, diced (you can use regular bacon too)
- 1 medium head cabbage, cored and cut into wedges
- 2 tablespoons melted butter
- 2 teaspoons ground nutmeg
- 2 cups water
- ½ cup red wine vinegar

Directions

- Place cabbage into a large pot. Add water and bring to a boil. Simmer over low heat until tender, about 15 minutes. Meanwhile, cook bacon, drain and set aside.
- Drain cabbage, and drizzle with melted butter. Sprinkle with bacon and nutmeg. Transfer to a baking dish.
- Place under your oven's broiler until the top layer is lightly browned, about 5 minutes. Serve with salt, pepper, and vinegar as desired. (recipe adapted from allrecipes.com)

Check out more Recipes, Cabbage Facts & Activities at: <https://foodhero.org/cabbage>