

Cabbage is more than just a substitute for lettuce

Although fresh cabbage is available year round, this Oregon-grown crop often goes unnoticed until inclement weather in the Southern lettuce fields drives lettuce prices a bit out of the budget comfort zone.

Cabbage is much more than just a substitute for lettuce when the price skyrockets, however. According to Carolyn Raab, Foods and Nutrition Specialist with the Oregon State University Extension Service, cabbage is one of the nutritional superstars that is

packed with nutrients that promote good health.

When buying cabbage, look for fresh red or green cabbage with well-trimmed heads that are heavy for their size. You can refrigerate heads in an airtight plastic bag for up to 2 to 3 weeks. Before use, wash leaves thoroughly in cool, running water or in a pan of clean water to remove sand or grit.

You can braise, steam, saute' or microwave cabbage. Most cooks prefer cabbage cooked until just tender. A short

cooking time helps avoid that distinctive cabbage aroma.

Cabbage rolls (cabbage leaves filled with a meat or rice mixture) are a favorite way to use the whole leaves. If the leaves are very crisp and difficult to roll around the filling, try dipping them in boiling water for 1 to 2 minutes. This should soften them enough to avoid breaking. A quick alternative to cabbage rolls is to chop cabbage into cooked meat and serve over rice.

You can add chopped cabbage to soups, stews and casseroles. Also, try topping steamed or braised cabbage with browned butter, nuts, toasted bread crumbs, cheese or bacon bits. Use raw cabbage to stretch tossed salads when the price of greens is too high. Try shredded cabbage in fish tacos, sandwiches, spring rolls and, of course, coleslaw. Red cabbage is often used for sweet and sour cabbage.

Sauerkraut (fermented and preserved cabbage) complements sausages, pork chops and highly seasoned meats like corned beef and pastrami.



Vernonia Mayor Art Parrow and Clerk Kathy Morrison display the award won by Vernonia City Hall and Library for the 2000 Construction Excellence Award. Vernonia was the only award winner in the Institutional category. Morrison had responsibility for keeping the project on time and on budget.

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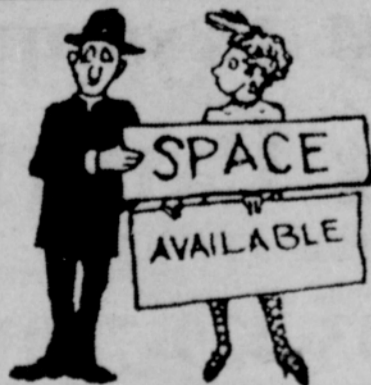
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