



May 28, 2010

Tomāto Tomāto

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Top 5 Cabbage dishes:

- Creamed Cabbage
- Cole slaw
- Spring Rolls
- Fish Tacos
- Homemade Cabbage Rolls (Runza's)

Inside this issue:

Meet the Ely Family	1
All About Cabbage	1
Nebraska Produce Availability Chart	2
Cabbage	3
Rhubarb	3
Inside Story	3
All about Cabbage Continued	4

A Letter From Ely Farms

Our business, Ely Farms, was established in 1999 on our family farm just outside of Grafton, Nebraska. Our business began as a FFA fresh asparagus vegetable production project. After a year of fresh asparagus production, we used an Ely family recipe to develop a pickled asparagus product and began marketing the pickled asparagus in our local towns of Grafton and Sutton. Since our beginning in 1999, Ely Farms Pickled Asparagus Spears have become a highly acclaimed specialty product in the state of Nebraska—known for their unique taste. We began growing fresh bell peppers on the farm, and in 2007, a second product was developed, Ely Farms Pickled Bell Peppers. Ely Farms Pickled Bell Peppers have made their way into many of the same store locations that carry Ely Farms Pickled Asparagus Spears. We continue to produce fresh as-



paragus and fresh bell peppers, as well as Ely Farms

Pickled Asparagus and Ely Farms Pickled Bell Peppers. Our pickled asparagus and pickled bell peppers are hand

processed in our canning facility located on our farm. We believe that our products are unique, like the Ely Farms story. We continue to strive to produce quality fresh produce and pickled products to serve you, our customer.

Thank your for your support!

The Ely Family



All About Cabbage

Do you know which common vegetable after potatoes is consumed most in the world?

It is cabbage that is consumed nearly at par with potatoes across the world. Though cabbage is not as nutritious as other vegetables in this variety such as cauliflower, broccoli, and brussels sprouts, cabbage has innumerable health benefits.

Belonging to the cruciferous family of vegetables, cabbage is an excellent source for Vitamin C. Cabbage contains high

fiber content and at the same time has low calories. There are many varieties of cabbage such as red cabbage, green cabbage and savoy cabbage.

Red cabbage and green cabbage are very rich sources for potassium and fiber. According to nutrition experts, a cup of chopped raw green cabbage contains as much as 33 micrograms of Vitamin C and a mere 20 calories. Red cabbage contains almost twice as much

vitamin C as green cabbage, while the green variety of cabbage contains twice as much foliate as the red cabbage. The third variety of cabbage, the savoy cabbage, is a very rich source for beta carotene. The health benefits from cabbage are innumerable. People who regularly consume large amounts of cabbage are found have low rates of colon cancer. (continued on page 4—Cabbage)

Nebraska Produce Availability Chart

This chart is based on the average harvest seasons of locally grown produce.

	April	May	June	July	August	Sept.	October
Fruit							
Apples							
Grapes							
Blackberries							
Raspberries							
Strawberries							
Vegetables							
Asparagus							
Beets							
broccoli							
Cabbage							
Carrots							
Cucumbers							
Eggplant							
Garlic							
Green Beans							
Gourds							
Herbs							
Lettuce							
Muskmelon							
Onions							
Peas							
Peppers							
Potatoes							
Pumpkins							
Rhubarb							
Spinach							
Squash							
Sweet corn							
Tomatoes							
Tumips							
Radishes							
Watermelon							
Zucchini							

Cabbage Casserole

Ingredients:

- 5 cups coarsely chopped cabbage
- 2 tablespoons margarine or butter
- 2 tablespoons all-purpose flour
- 1-1/4 cups milk
- 1/2 cup chopped yellow sweet pepper
- 1/2 cup shredded cheddar cheese
- 1/4 cup chopped onion
- 4 cups prepared crumbled

corn bread

Directions:

1. In a medium saucepan cook cabbage, covered, in a small amount of boiling, lightly salted water for 5 minutes. Drain and set aside. In the same pan melt margarine or butter. Stir in flour, 1/2 teaspoon salt, and 1/8 teaspoon black pepper. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Stir in sweet pepper, cheese, and onion. Stir until cheese is melted. Remove from heat.

2. Place 3 cups of the corn bread in a 2-quart casserole. Top with cabbage, sauce, and remaining corn bread. Bake uncovered, in a 375 degree F oven 30 to 35 minutes or until heated through. Makes 8 side-dish servings.



Rhubarb Chutney

Ingredients:

- 2 cups diced rhubarb
- 3/4 cup diced red apple
- 1/2 cup dried cranberries or cherries
- 1/4 cup finely chopped red onion
- 1/4 cup water
- 1/4 cup honey

- 1 tablespoon minced fresh ginger
- 2 teaspoons red-wine vinegar
- 1/4 teaspoon crushed red pepper, plus more to taste

Directions:

1. Combine rhubarb, apple, cranberries (or cherries), onion, water, honey, ginger, vinegar and crushed red pepper to taste

in a small saucepan. Bring to a boil, stirring occasionally. Reduce heat to medium-low, cover and simmer until rhubarb is tender, 15-20 minutes. Uncover and simmer, stirring occasionally, until thickened, about 5 minutes more. Serve warm or cool.

MAKE AHEAD TIP: Cover and refrigerate for up to 1 week.



Cream of Asparagus Soup

Ingredients:

- 2 pounds green asparagus
- 1 large onion, chopped
- 3 tablespoons unsalted butter
- 5 to 6 cups chicken broth
- 1/2 cup crème fraiche or heavy cream

- 1/4 teaspoon fresh lemon juice, or to taste

Preparation

- Cut tips from 12 asparagus 1 1/2 inches from top and halve tips lengthwise if thick. Reserve for garnish.
- Cook onion in 2 tablespoons butter in a 4-quart heavy pot over moderately low heat, stirring, until

softened. Add asparagus pieces and salt and pepper to taste, then cook, stirring, 5 minutes. Add 5 cups broth and simmer, covered, until asparagus is very tender, 15 to 20 minutes.

- While soup simmers, cook reserved asparagus tips in boiling salted water until just tender, 3 to 4 minutes. Then drain.

- Puree soup in batches in a blender until smooth, transfer to a bowl and return to pan. Stir in crème fraiche, then add more broth to thin soup to desired consistency. Season with salt and pepper. Bring soup to a boil and whisk in remaining tablespoon butter.
- Add lemon juice and garnish with asparagus tips.

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Omaha's indoor farmers market



Just a Note.....

We wanted to make a few simple reminders: If you for some reason will not be in for your bag, please give us a call ahead of time. If time gets away from you and you just don't make it in and had planned on making it in, if you call we will keep your bag. However, if for some reason you don't show and don't call, we will donate your bag to the local food pantry so that the fresh food doesn't go to waste.

Please don't forget your bags. If you do not have your bag returned to us by Thursday before the next pick up, we will have to charge \$5 for a new one.

If you have not paid for you full season of the CSA, we would like to remind you that the next 5 week payment will be due on or before the 4th of June.

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Cabbage

The protective element of cabbage is assumed to have come from bioflavonoids, indoles, monoterpenes and other plant chemicals that inhibit tumor growth and protect cells against damage from free radicals, those unstable molecules released when the body uses oxygen. Some of these chemicals also speed up the body's metabolism of estrogen.

In order to reap the benefits of cabbage to its fullest extent, it is advisable that steaming and stir-frying of cabbage is done so that the nutrients are preserved. It is also advisable to eat raw cabbage.

While cooking cabbage, it is advisable that utensils made of aluminum are not used, as

aluminum cookware might cause a chemical reaction that discolors the vegetables and also might alter the flavor.

There is a widespread myth doing the rounds about cabbage. According to folk wisdom, juice prepared out of cabbage is a miracle cure for ulcers. While there is little scientific evidence to prove that cabbage juice in fact cures ulcers, there is nothing wrong in trying cabbage juice along with other medical treatments for ulcer cure.

