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BY REGISTERED
DIETITIANS & CHEFS

YOUR MONTHLY RECIPE FOR *Wellbeing + Sustainability*

FOR YOUR HEALTH

Eating locally benefits both your health and the environment. Because local produce doesn't travel as far, it's usually harvested around peak ripeness. That means it often tastes fresher and retains more nutrients. Plus, this shorter journey lessens the chance of spoilage and prevents food waste. Local produce also lowers greenhouse gas emissions by reducing the amount of fuel used in transportation. Supporting your local vendors has so many benefits!

IN SEASON & ON THE MENU

Cabbage is an excellent source of vitamins K and C, and also provides fiber and folate, which support bone health, regular digestion, and healthy circulation. Its bright colors are due to its high antioxidant content, which protects the body from free radical damage. Cabbage is also extremely versatile! Use raw cabbage for coleslaw, boil it into a hearty soup, or roast it for a satisfying side dish.

CHEF TIP: CABBAGE

WARM DISHES: Sauté or roast your cabbage in healthy fats like olive oil to bring out the fat-soluble sweet flavors.

COLD DISHES: To prevent watery salads, toss shredded cabbage with a tablespoon of kosher salt and let drain over a colander for a few hours. Then, rinse and drain the cabbage for the crispest texture.



**FIND YOUR
NEXT
FAVORITE
RECIPE!**