

January's Harvest of the Month

CABBAGE

Dietary Fiber - Vitamin C - Vitamin K



Store

Tightly wrap a whole head of cabbage in plastic or keep it in a plastic bag in the refrigerator for up to 7 days. Once cut, store in a plastic bag and use within a couple days.



Use

In season June through November. However, is available from storage November-April. Can be eaten raw, added to salads, coleslaw, soups or stir fry, steamed, baked, or served with different meats.



Pick

Select cabbage heads with firmly packed leaves, even coloring, and are heavy for their size.



Prepare

Peel the thick outer leaves, cut the cabbage head in half, and then remove the white core. Carefully wash and cut to desired size.

Panned Cabbage

Makes 4 servings

Ingredients

- 1 1/2 teaspoons butter (or margarine)
- 4 cups cabbage (finely shredded)
- 1/8 teaspoon salt
- pepper (to taste)
- 2 tablespoons water
- 1 tablespoon lemon juice

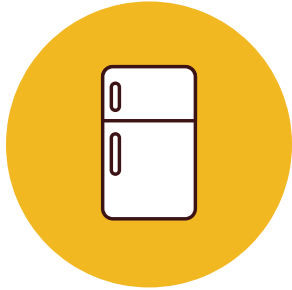
Directions

1. Melt butter or margarine in a heavy saucepan or skillet.
2. Add cabbage and sprinkle with salt and pepper. Add water.
3. Cover pan with a tight-fitting lid to hold in steam.
4. Cook over low heat until cabbage is tender (6 to 8 minutes), stirring occasionally to prevent sticking.
5. Add lemon juice and serve.

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ORANGES

Dietary Fiber - Vitamin C



Store

Keep oranges at room temperature or in the refrigerator for up to two weeks. Cut oranges should be stored in a container not made from metal in the refrigerator.



Use

Oranges are not normally grown in Wisconsin. In season December-May. Fresh oranges can be eaten as a snack or dessert. Add orange sections to salads, rice dishes, stuffing, mixed fruit dishes or to beverages.



Pick

Choose firm fruits that are heavy for their size with no mold or spongy spots. Avoid wrinkled, bruised, or discolored skin.



Prepare

Just peel, separate into sections, and enjoy.

Ginger Orange Muffins

Makes 4 servings

Ingredients

- 2 servings (cups) Ginger Bread Mix
- 1 cup bran cereal
- 1 egg (slightly beaten)
- 1/2 cup milk, 1%
- 1/4 cup orange juice concentrate
- 1/4 cup molasses
- 1/4 cup vegetable oil
- 1 teaspoon orange peel (grated)
- raisins (optional)

Directions

1. Preheat oven to 350 degrees.
2. Combine the Ginger Bread Mix and bran cereal in a bowl.
3. Beat the egg slightly in another bowl.
4. Add the egg and other ingredients to the gingerbread and cereal mixture.
5. Stir only until combined. Let stand for 15 minutes.
6. Fill 12 muffin cups (well-greased pans or paper liners) 2/3 full.
7. Bake 15-20 minutes or until done in the center.