

Subject: December Newsletter

Hello and thank you for participating in the Griffin Hospital Produce Prescription Program!

Each month, we will send you a newsletter with a seasonal produce item that should be affordable, and you can often find locally grown at your local grocery store. Hope you enjoy some affordable, healthy and easy recipes featuring this month's produce highlight.

In December (and year-round), you can find cabbage in the grocery store. Cabbage are a versatile vegetable that is commonly used in salads or cooked in savory dishes. Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Keep cabbage cold in the fridge and it can last a while.

Eating!

- Cabbage can be steamed, baked, or eaten raw.
- Cut up any type of cabbage, drizzle it with lemon juice, and add a little salt for a mid-day snack.
- Toss some thinly sliced cabbage into pasta sauce.
- Add cabbage to soups, stews, and stir fries.
- Add extra crunch to salads, soups, wraps, or sandwiches by topping them off with thinly sliced raw cabbage.

Check out these recipe links that highlight Cabbage:

- <https://extension.umd.edu/programs/family-consumer-sciences/snap-ed/eat-smart/recipes/cabbage-stir-fry>
- <https://snapedny.org/recipes/cabbage-salad/>
- <https://masnaped.org/recipes/turkey-stuffed-cabbage/>

Don't forget that if you don't like what you see here, Diabetes.Org has this searchable recipe filter that lets you search recipes by a variety of features. You can search for recipes by cuisine/regional preference: <https://www.diabetesfoodhub.org/all-recipes.html>

As always, if you have any questions or need support, please reach out to our team!