

ALAMANCE COUNTY CENTER
Family and Consumer Sciences Program

March 15, 2019

Three Cheers for Cabbage

I somehow always forget to wear green on St. Patrick's Day. Whether or not you remember, we should all have green on our plates this time of year! One favorite in season right now? Cabbage.

An extremely underrated vegetable, cabbage is a member of the great and good cruciferous family. Cabbage is an excellent source of vitamin C and K and a moderate source of B6 and folate. Why does that matter? Vitamin C helps your immune system stay ship-shape, so you can more easily fight off that head cold that inevitably comes with the changing season. Studies suggest that cruciferous vegetables, including cabbage, may have protective effects against colon cancer. Below are some recipe ideas (other than the traditional corned beef and cabbage) for cabbage and its relatives.



Cabbage - It doesn't have to be boiled! Try this take on chicken fried rice and you won't even notice you're eating cabbage.

<https://medinsteadofmeds.com/chicken-vegetable-fried-rice/>

Bok Choy - It might not be your normal go-to vegetable, but bok choy is an excellent choice for a weeknight meal. New to cooking bok choy? Start with this guide from the USDA and experiment with spices as desired!

https://healthymeals.fns.usda.gov/sites/default/files/uploads/FIFV_BokChoy.pdf

Brussels Sprouts - Beloved by some and avoided by others, Brussels sprouts aren't just for the Thanksgiving table. For delicious and crispy roasted Brussels sprouts, give this recipe from Michigan Extension a try:

https://www.canr.msu.edu/resources/michigan_fresh_brussels_sprouts

Upcoming Events with Community Partners

FREE
EVENT

Celebrate
ARBOR DAY

SATURDAY, MARCH 23RD

11:00AM-1:00PM

• BETH SCHMIDT PARK •

Tree Planting @ 11:30am

Educational exhibits, family friendly activities,
light refreshments & more!

EAT FOR ENERGY

Join us on March 26th to learn how the body uses
the fuel we give it and how to gain more energy
from what we eat and drink. This class will
include a presentation and a hands-on segment.

Tuesday, March 26th, 5:30-7:30 p.m.

CTEC

2550 Buckingham Rd.

Burlington, NC 27217

**Be
Healthy
Now!**

Mark your calendars to register for these events coming up in
late spring and summer!



Med Instead of Meds is happening again!

Where: Beth Schmidt Park in Elon

When: Thursdays from 11am-1pm starting May 2nd (this six-week program would run through May and end on June

Cost: \$25. Scholarships are available to assist with the cost of the program

How to register? Watch your email the first week in April for a registration link!



Save the date for our 2019 4-H Healthy Living Camp!

Healthy Living Camp is a partnership between the Alamance County 4-H and FCS programs, providing children ages 8-13 with hands on experiences related to leading healthy lives. We will learn how to prep and cook items from each food group and try different ways of being active like Zumba and hiking. Field trips around Alamance County will help our campers learn more about healthy living in their own backyard, from county parks to farmers markets. Our final day of camp will be a trip to one of the regional science museums in Durham or Greensboro.

Registration to come! I'll be sending out more details about Healthy Living Camp next month.

Read more Alamance County Cooperative Extension news on
our website »



NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.