

## **Cabbage and Potatoes the World Around**

This January, we are featuring **Cabbage** and **Potatoes** for our *Harvests of the Month*. NYS is a leading producer of cabbage in this country. The soil and climate in the Finger Lakes region are perfect for producing cabbage both for fresh consumption and for making sauerkraut. Cabbage is packed with nutrients, and a great option for salads in the winter, when lettuce can't be grown locally due to a lack of sun power. This month we are featuring three different cabbage salads - a classic creamy style coleslaw with buttermilk, a mexican style slaw that you might find on a fish taco, and an asian style sesame slaw, and we are featuring Napa Cabbage in the Lo Mein with Chicken or Tofu.

Potatoes are also an important crop in NY State. Native to South America, potatoes were brought to Europe in the 16th century. Potatoes are high in Vitamin C and potassium, found mostly in the skin. On this month's menu we are featuring a samosa style potato filling with lemon and spices as a vegetarian taco option, and a Thai Style curry featuring potatoes and carrots in coconut milk, in addition to the more familiar roasted potatoes and mashed potatoes.

Cabbage and Potatoes are two vegetables that can be stored in a cool place and last until the end of winter. This makes them valued all around the world, especially in cooler climates like ours.