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Join the ancients and add cabbage to your diet for its healing benefits. The vegetable is packed with vitamins and minerals.

Cabbage offers wealth of healing properties

THE LOCAL DISH

Cabbage is one of the most ancient vegetables and has an interesting history. Greeks and Romans placed great importance on the healing powers of cabbage.

Roman mythology claims that cabbages sprung from the tears of Lycurgus, King of the Edonians. Egyptian pharaohs ate large quantities of cabbage before a night of drinking. They thought the vegetable would lessen the effects of alcohol. This could explain why many consider cabbage with vinegar as a good hang-over remedy.

Raw cabbage and cabbage leaf paste is used in many traditional treatments to restore circulation, help reduce inflammation and remove toxins from an injured area. For relief from the swelling of gout, place a cabbage compress over the site.

Cabbage is packed with vitamins that strengthen blood vessels and help to fight infection. Cabbage also has minerals and is high in alkaline content, making it one of the most nutritious vegetables you can eat.

When selecting cabbage you should look for solid,

Cabbage Casserole

- 4 cups shredded cabbage
- 2 sticks margarine, divided
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1 can cream of celery soup
- 1/2 cup mayonnaise
- 1-2 cups crushed cornflakes or Ritz crackers

Melt 1 stick of margarine and mix with cornflakes or crackers. Spread half of mixture in bottom of baking dish. Place cabbage on mixture. Heat milk, 1 stick margarine, soup and mayonnaise, half of cheese, just to melt margarine and cheese. Pour over cabbage. Top with remainder of crumb mixture and cheese. Bake at 325-350 degrees for 30-35 minutes. Serves 8.

Source: Feeding the Flock

heavy heads. Any cabbage with discolored veins or worm damage should be avoided. Look for stems that are not dry or split.

Cabbage should be kept cold at all times, which helps retain the vitamin C. Place the whole head of cabbage in a plastic bag and store in the refrigerator.

Once the head has been cut,

Cabbage and Beef Soup

- 1 lb. ground beef
- 2 stalks celery, chopped
- 2 (28 oz.) can tomatoes
- 1/2 tsp. garlic salt
- 1 (16 oz.) kidney beans, drained
- 1 (28 oz.) can water
- 1/4 tsp. garlic powder
- 1/4 tsp. pepper
- 4 beef bouillon cubes
- 1/2 head cabbage, chopped

Brown ground beef and remove grease. Add all other ingredients in large pot and bring to a boil. Reduce heat, cover and simmer for 1 hour. Makes three quarts and can be frozen for later use.

Source: Haywood Christian Ministry Cookbook

Scalloped Cabbage

- 1 medium cabbage head, shredded finely
- 2 cups cheddar cheese, shredded
- 1 can cream of chicken soup
- 1 cup sour cream
- 1/4 cup onion, grated
- 1 cup herb seasoned stuffing mix
- 2 tbsp. butter, melted

Preheat oven to 350 degrees. Cook cabbage in boiling, salted water about five minutes until slightly wilted. Drain well. In a large bowl, combine cheese, soup, sour cream and onion. Add cabbage and mix well. Pour into greased 9 x 13 baking dish. Mix stuffing mix with butter and sprinkle over top. Bake for about 30 minutes. Serves 6.

Source: The Old Stone Inn 60th anniversary cookbook

place the remainder in plastic bags and place in the refrigerator.

Try to use the remaining

cabbage in the next day or two.

Have a favorite recipe to share? Send your recipes to Karen Greene at kgreene@haywoodcountynews.com.