



Carrboro & Southern Village

FARMERS' MARKET

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Recipe of the Week

July 1, 2006

Cabbage Simmered with Onion and Bay leaf

from **Sheila Neal, Market Staff**

This is a quick dish good with pork chops or roast chicken. For vegetarians: You can leave out the bacon and sauté with olive oil only and sub water or vegetable stock for the chicken stock.

Ingredients

1 head green or red cabbage* (you can also use Chinese cabbages, they just won't take as long to cook)

3 slices bacon*

1 medium yellow onion*, sliced into half moons

1/4 cup apple cider or champagne vinegar

3 - 4 cups chicken stock

2 bay leaves

Olive oil

Salt and whole peppercorns

Procedure

Cut cabbage in half, remove core, and slice the cabbage thin.

Put a braising pot over medium-low heat, add 2 tablespoons olive oil and the bacon. Cook the bacon until brown but not crisp. Add the onions and some salt. Add more olive oil if the pan needs more oil to sauté the onions. Add the cabbage and toss so it is well coated with the oil. Add the bay leaves and peppercorns and toss. Turn the heat up to high and add vinegar. Once the vinegar has almost evaporated, add the stock. (Use only enough stock so that 2/3 of the cabbage is submerged. The amount of stock may vary according to the size of pan you are using.)

When the stock comes to a boil, turn the heat down to a simmer and cook until cabbage is tender, about 20 minutes. If you have a lot of liquid left, remove cabbage, turn the heat to high and reduce liquid by 1/2. Taste for salt and pepper.

Serves 4

*available at Market

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Carrboro and Southern Village Farmers' Market Special Events 2006

March	18	Saturday Market Opening Day. Welcome Back with Hot Chocolate
April	1	First Saturday of the Month Customer "Dot" Survey at the Information Booth. Help us be a better market by participating in our "Dot" Surveys. These take 30-seconds and give the Market information to make good decisions about operation times, advertising, special events, and a host of other things.
	8	Master Gardener's booth in the Gazebo. The Master Gardener's are on hand every second and fourth Saturday, April through October, to answer your gardening questions.
	12	Wednesday Market Opening Day Mid-Week Market Cooking Demo with Dorette Snover of C'est Si Bon Cooking School
May	4	Southern Village Opening Day. Welcome Back with a weekly drawing for prizes from Market St. merchants Cooking Demo with Sheila Neal, Market Manager
	6	Customer "Dot" Survey at the Information Booth
	11	Cooking Demo at Southern Village Farmers' Market
	20	Gumbo-to-Go fundraiser for Crescent City Farmers Market in New Orleans, LA
	25	Cooking Demo at Southern Village Farmers' Market
	31	Music at the Market: Gabriel Pelli and his Main Street Musicians play their Spring Concert
June	3	Customer "Dot" Survey at the Information Booth
	15	Cooking Demo at Southern Village Farmers' Market
	21	Cooking Demo at the Wednesday Carrboro Farmers' Market
	29	Cooking Demo at Southern Village Farmers' Market
July	1	Customer "Dot" Survey at the Information Booth
	12	Cooking Demo at the Wednesday Carrboro Farmers' Market with Marilyn Markel of Southern Season
	13	KID'S EVENT: "Let's Make Ice Cream," 4 pm at Southern Village Farmers' Market
	15	Our Annual Tomato Tasting (tentative date.) We have to get a little closer to the time to say for sure but we try to schedule this favorite event at the peak of tomato season.
	27	Eat Smart Move More booth at the Southern Village Market
August	5	Customer "Dot" Survey at the Information Booth
	9	Cooking Demo at the Wednesday Carrboro Farmers' Market
	10	Cooking Demo at Southern Village Farmers' Market
	12	Eat Smart Move More booth at the Saturday Carrboro Farmers' Market
	24	Cooking Demo at Southern Village Farmers' Market
	31	Last Day of Southern Village Market
September	2	Customer "Dot" Survey at the Information Booth
	9	Annual Chef's Event. This year's theme: "Picnic Dishes."
	13	Cooking Demo at the Wednesday Carrboro Farmers' Market
October	7	Customer "Dot" Survey at the Information Booth
	18	Last Day of Wednesday Market
	21	Craft Demo: Come see our craft vendors demonstrate their skills.
November	4	Customer "Dot" Survey at the Information Booth
	18	Craft Display: Featuring our Market's Craft folk.
	21	Annual Thanksgiving Market 3-6 pm on the Town Commons
December	2	Customer "Dot" Survey at the Information Booth
	23	Last Day of Market. Hot chocolate for all.