



Try the  
May Harvest of the Month!  
.....  
**Cabbage**



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# IDEA Child Nutrition Program May 2024 Harvest of the Month Recipe

## Cabbage Rolls Recipe



### INGREDIENTS

- 1 Small head of cabbage
- Sauce
  - 2 tbsp. olive oil
  - 1/2 onion chopped
  - 1-15 oz crushed tomato
  - 1 tbsp Italian spices
  - 1/2 tsp dried basil
  - Salt and pepper to taste
- Filling
  - 1 lb ground turkey
  - 1 cup cooked brown rice
  - 1 egg
  - 1/2 onion, chopped
  - 1 tbsp Italian spices
  - 1 tsp dried basil
  - Salt and pepper to taste

### STEPS

Preparing the cabbage:

1. Bring a large pot of water to boil.
2. Remove the core from a head of cabbage and place in the pot of boiling water for 3-5 minutes to soften cabbage leaves.
3. Remove cabbage from water and allow it to cool down.

Preparing the filling:

1. To make the filling, in a bowl, mix ground turkey, onion, garlic, egg and spices until well combined. Set this aside.

Cooking the sauce:

2. Bring a saucepan to medium high heat and add olive oil.
3. Add in onion and sauté for about 5 minutes, until translucent.
4. Add chopped garlic and saute for another minute, until fragrant.
5. Add crushed tomato then fill the can about halfway with water and add to the saucepan as well.
6. Season with Italian spices, dried basil, salt and pepper.
7. Let the sauce simmer for about 15 minutes.

Making the Cabbage Rolls.

1. Preheat oven to 375 degrees.
2. Scoop about 2 tablespoons of filling into each cabbage leaf. Tuck in the sides then roll to close.
3. Place cabbage rolls in a baking dish, seam sides down.
4. Once your dish is full of cabbage rolls, pour the tomato sauce over the rolls.
5. Cover your baking dish tightly with foil and place in the oven to cook for 1 hour.
6. After an hour of cooking, allow the cabbage rolls to rest for about 10 minutes before serving.

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## Cabbage

### VARIETIES

#### Green Cabbage



This variety of cabbage is grown commercially, in home gardens, and is one of the most common types found in grocery stores!

#### Red Cabbage



A common variety that is used in the fermentation process to create sauerkraut, which is packed with probiotics!

#### Bok Choy



This variety of cabbage is commonly used in traditionally Chinese recipes such as stir fries!

### Cabbage FAST FACTS

Cabbage was originally discovered in Europe and is now consumed worldwide.

Cabbage is a cruciferous vegetable. These type of vegetables also include kale, broccoli and cauliflower.



Cabbage leaves are both fiber rich and contain a high water content which helps with hydration.

Kimchi is a popular dish that uses cabbage that has been fermented and spiced.

### IDEA FARM NEWS

IDEA Public Schools has 12 IDEA farms that will work to provide the Harvest of the Month and other seasonal produce to IDEA school cafeterias during the 2024-2024 school year.



IDEA Elsa  
IDEA Edgemere  
IDEA Donna  
IDEA Bridge

IDEA Rundberg  
IDEA San Benito  
IDEA Monterrey Park  
IDEA Burke

IDEA Eastside  
IDEA Quest  
IDEA Horizon Vista  
IDEA Achieve

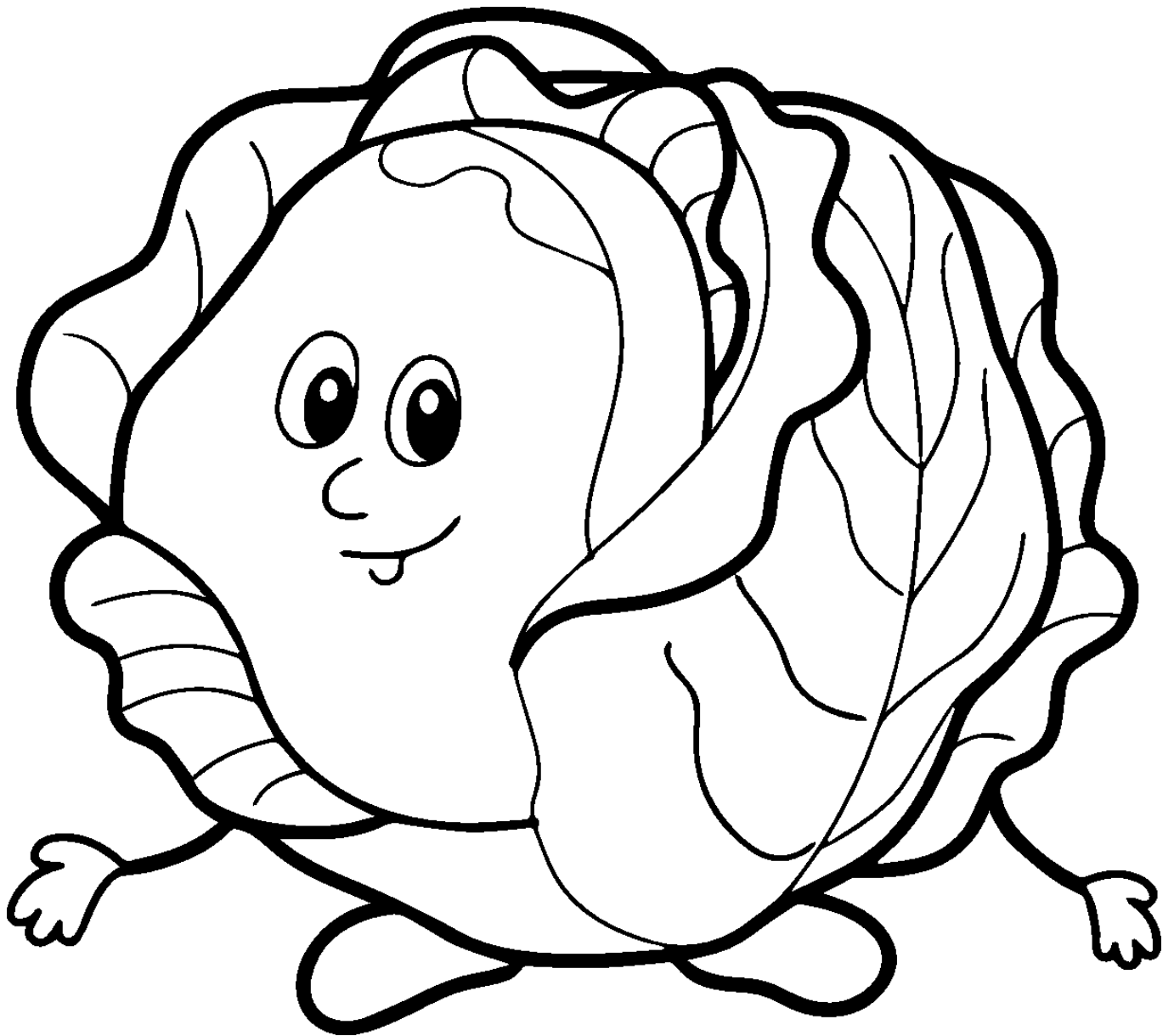


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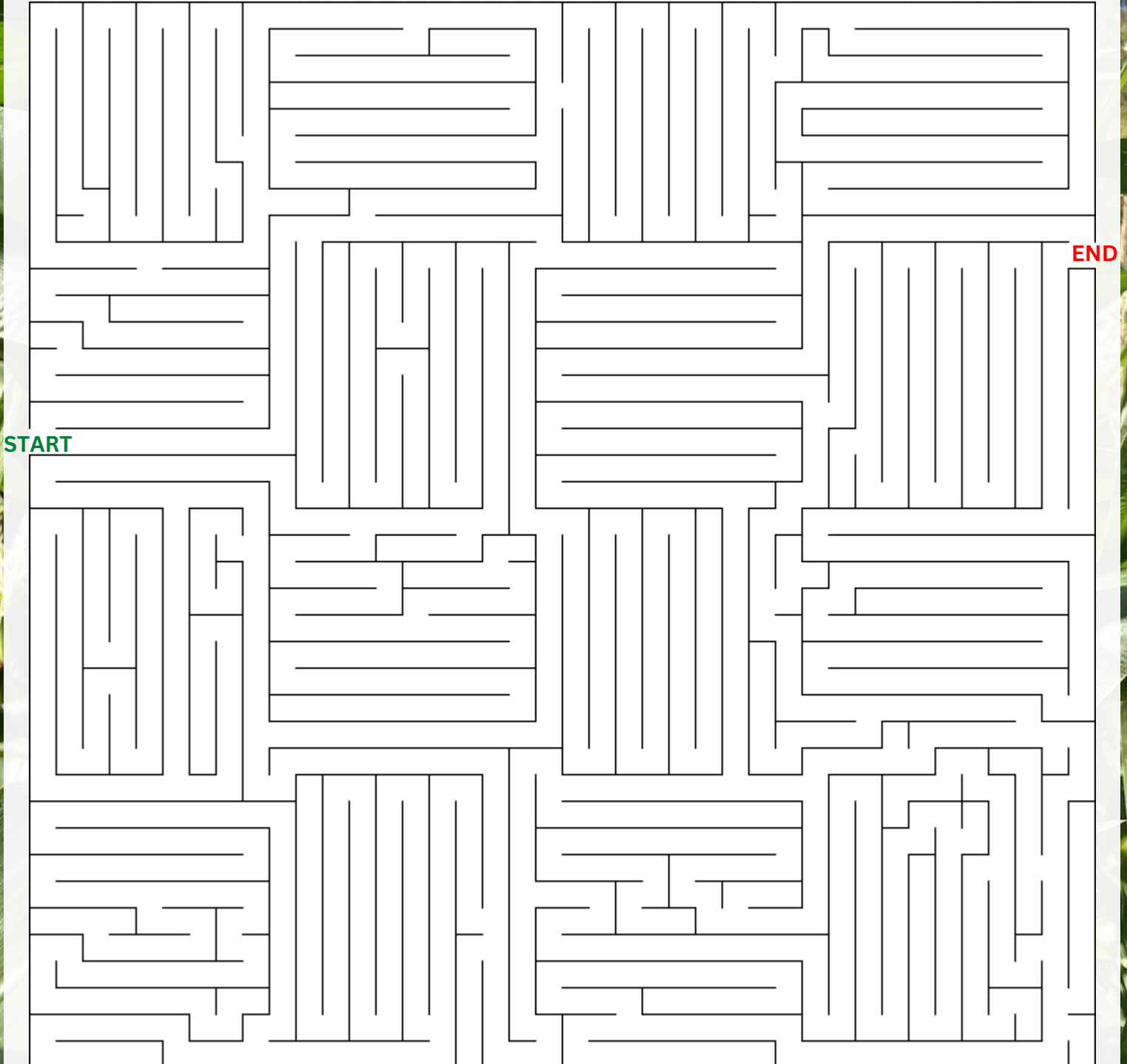
## Coloring Activity





# IDEA Child Nutrition Program May 2024 Harvest of the Month

**Directions:**  
Find your way to the end of the Maze!



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# IDEA Child Nutrition Program May 2024 Harvest of the Month

## Word Search

### Directions:

- Find the Cabbage related words in the puzzle.
- Words can go in any directions and can share letters as they cross over each other.

BOKCHOY  
FERMENTED  
HARVEST  
MAY

CABBAGE  
FIBER  
KIMCHI  
VEGETABLE

CRISP  
GROW  
LEAF  
WATER

L	E	F	O	L	W	C	W	P	D	N	Y	E	B	L
T	Q	L	C	P	A	D	O	S	V	F	Q	J	I	B
U	G	Z	B	B	Q	Y	R	I	E	S	E	H	H	E
X	D	B	B	A	B	Z	G	R	S	K	C	P	C	G
F	J	A	M	S	T	C	M	C	M	M	W	M	Z	G
B	G	B	Q	U	P	E	O	L	I	G	A	Z	R	W
E	H	Y	R	V	N	C	G	K	F	U	T	M	L	S
D	X	Y	O	T	Q	R	I	E	I	H	E	L	W	A
S	W	F	E	H	F	A	E	L	V	H	R	A	T	R
H	I	D	I	K	C	I	O	O	Y	L	C	L	Z	H
L	W	A	W	B	R	K	U	W	W	G	V	A	S	H
U	R	M	M	G	E	L	O	G	N	B	I	K	W	U
S	R	E	I	O	P	R	N	B	W	S	D	A	K	A
W	Y	M	A	Y	C	I	R	Y	N	U	G	Z	I	F
T	S	E	V	R	A	H	K	X	J	I	V	N	S	P



# IDEA Child Nutrition Program May 2024 Harvest of the Month

## Word Scramble

Directions:  
Unscramble the Cabbage Related Words!

### Scrambled Word

### Unscrambled Word

1. KYOBOHC

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2. BAEB CGA

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3. AMY

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4. RCPIS

---

5. NERFDETEM

---

6. IBRFE

---

7. WOGR

---

8. HASTVRE

---

9. IHMCKI

---

10. EFAL

---

11. TEAEVBGEL

---

12. TRAEW

---

ANSWER KEY

12. WATER  
11. VEGETABLE  
10. LEAF  
9. KIMCHI  
8. HARVEST  
7. GROW

1. BOK CHOY  
2. CABBAGE  
3. MAY  
4. CRISP  
5. FERMENTED  
6. FIBER

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