



Try the
December Harvest of the Month!
.....
CARAFLEX CABBAGE
.....



This institution is an Equal Opportunity Provider.



IDEA Child Nutrition Program December 2024 Harvest of the Month Recipe

PARMESAN ENCRUSTED CABBAGE STEAKS



INGREDIENTS

- 1 head of green cabbage
- ¼ c olive oil
- 4 cloves garlic, minced
- 1 tsp paprika
- 1 tsp onion powder
- ¼ tsp red pepper flakes
- 1c parmesan cheese + 1 tbs for garnish
- Salt to taste
- Juice of 1 lemon

Cooking Instructions

1. Heat oven to 375 degrees
2. Cut your cabbage into 8 wedges, making sure to leave the core intact.
3. Arrange the cabbage in a baking dish in a single layer and place it in the oven
4. Mix the olive oil, garlic and spices together and brush over the cabbage.
5. Sprinkle a generous amount of parmesan cheese over each wedge and press into the cabbage to ensure it sticks.
6. Place the prepped cabbage in the oven for 15 minutes, rotating the tray halfway through the cook time.
7. After 15 minutes, turn the oven to the broiler setting on high and roast for another 3-5 minutes to lightly toast the parmesan cheese.
8. Remove from the oven, sprinkle with more parmesan cheese, and squeeze lemon juice over each cabbage steak before serving.



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CARAFLEX CABBAGE

VARIETIES

Caraflex Green



Has a delicate sweetness and crunch ideal for raw preparations like salads or slaw, though it can also be used in stir-fries or as a steamed vegetable.

Caraflex Red



Tend to be slightly sweeter and are often favored in fresh dishes where their color can be showcased.

Caraflex Savoy



It has a rich, mild flavor and is favored for its texture, especially in braised or steamed dishes.

Caraflex Cabbage FAST FACTS

Has a distinctive conical or pointed shape which makes it not only visually unique but also easier to cut into wedges or slices for cooking or serving.

Its dense leaves and conical shape help it stay fresh longer than other varieties, making it a good choice for meal prep.



It has a mild and sweet flavor. The heads are much more tender than regular cabbage, which gives it a pleasant crunch

A good source of vitamin C, fiber, and antioxidants, making it not only tasty but also a healthy addition to your diet.

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 2024-2025 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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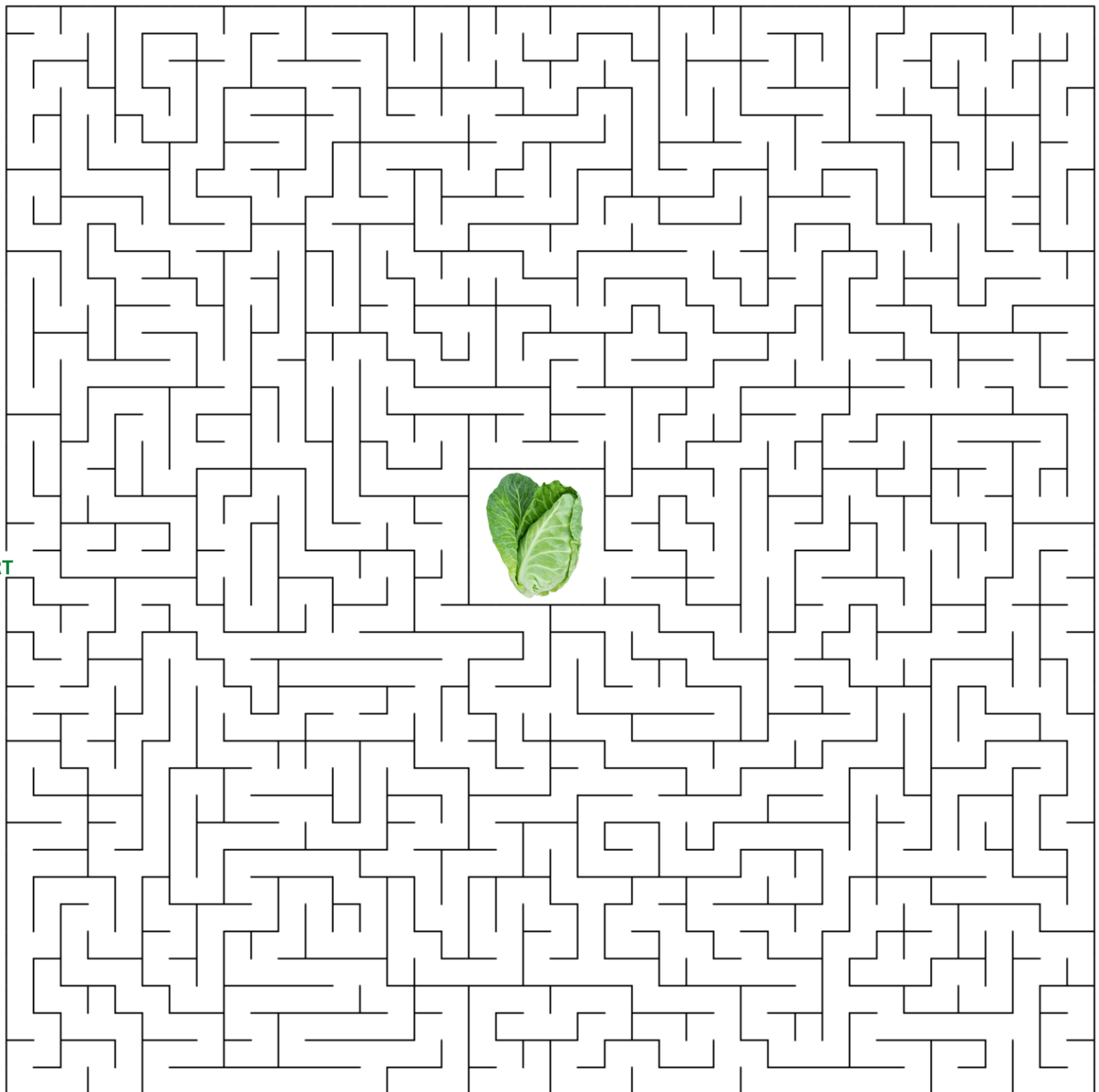
Coloring Activity





IDEA Child Nutrition Program December 2024 Harvest of the Month

Directions:
Find your way to the Caraflex Cabbage!





IDEA Child Nutrition Program December 2024 Harvest of the Month

Word Search

Directions:

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

Cabbage
Crunchy
Leafy
Sweet

Caraflex
Fresh
Nutritious
Tender

Conical
Green
Red
Unique

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



IDEA Child Nutrition Program December 2024 Harvest of the Month

Word Scramble

Directions:
Unscramble the Caraflex Cabbage Related Words!

Scrambled Word

Unscrambled Word

1. GEACBAB
2. CUNHCRY
3. LEYAF
4. TEEWS
5. ERAFLXAC
6. FRSHE
7. IUUTNORSTI
8. ENDETR
9. IOLNACC
10. GNERE
11. DRE
12. UIEQNU

ANSWER KEY

- 1. Cabbage
- 2. Crunchy
- 3. Leafy
- 4. Sweet
- 5. Caraflex
- 6. Fresh
- 7. Nutritious
- 8. Tender
- 9. Conical
- 10. Green
- 11. Red
- 12. Unique

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