



THE SEEDPOD STANDARD

CSA NEWSLETTER

8.30.15



"Not only do you become what you think about, but the world also becomes what you think about. Those who think that the world is a dark place are blind to the light that might illuminate their lives. Those who see the light of the world view the dark spots as merely potential light."

Wayne Dyer

A NOTE FROM SEEDPOD FARM

Dear Partners,

Rain!!! Yeah for that! I'm sure we've all been doing the rain dance these past number of weeks. Of course the folks in the Okanogan are particularly rejoicing. I saw a photo of 6 firefighters leaping in the air with the simple caption of "Rain!". What a summer! We did manage to get to the beach for the Longbeach Kite Festival last weekend. As you can see we were socked in with the smoke even there. This was the clearest picture of our time there. Nevertheless, it was great fun- and we highly recommend it for a day trip.

With the added showers the past few days, the garden is sure to surge- particularly the cabbage. Look for some lovely red cabbage in your share this week. This is a vegetable that keeps very well. It will oxidize though- so if you aren't going to use it in one setting, simply dampen a paper towel and cover the cut edges. Wrap in plastic wrap or place in a Ziploc bag in order to keep the air off it. Enjoy!

Warm Regards,

The Gulletts

**The Likely Line-Up: Red Acre Cabbage, White Russian Kale Beet Medley
Garden Lettuce , Neon Lights Chard, Lemon Cucumber, Pepper Assortment, Sugar
Snack Carrots, Apples, Herbs & more.....**

FOR YOUR INFORMATION- Could it be the cabbage is an unsung hero in the brassica family tree? It just might be! Rich in Vitamin C, Sulphur, antioxidants, roughage, eye and brain health.....not to mention weight loss, cabbage is truly an undervalued veg. Check out this information from Oasis Advanced Wellness-

Health Benefits of Cabbage

| | |
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| abundant in vitamin C | benefits the nervous system |
| rich in fiber | lowers risk of colon cancer |
| rich in sulphur | anti-inflammatory |
| rich in iodine | helps with endocrine system |
| beneficial detoxifier | rich in glucosinolates |
| helps with constipation | source of indole-3-carbinol |
| boosts immune system | relieves painfully engorged breasts |
| anti-bacterial | in breastfeeding (leaves) |
| anti-viral | low calorie |
| Improves blood flow | reduces cholesterol |
| reduces free radicals | promotes healthy digestive system |
| helps with gastric ulcers | boosts energy |
| raw cabbage juice contains the | repairs damaged skin cells |
| antiulcer factor, vitamin U | |



Garnett Cheney, M.D., professor of medicine at Stanford University School of Medicine in the 1950's, demonstrated that a quart of fresh cabbage juice every day relieved pain & healed both gastric & duodenal ulcers better & faster than standard treatments. In a test of 55 patients who drank cabbage juice, 95% felt better within two to five days.



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Braised Red Cabbage- From the Seedpod Farm Kitchen

Melt 2T butter in a heavy saucepan. Cook 2 small, finely chopped red onions and 2 cloves finely chopped garlic and sauté until translucent. Add- 1 whole small, thinly sliced red cabbage, 2-3 grated apples, 1 cinnamon stick, 1 tsp ground ginger, 1 bay leaf, the zest of 1 orange, and 1T of red wine vinegar. Salt and pepper to taste. Cover the pan and cook down- checking occasionally to assure it doesn't dry out. Add water (wine, orange or apple juice) if it is getting too dry. Leave on low heat for approx. 45 min to allow flavors to mellow. Remove cinnamon stick and bay leaf prior to serving. Serve as a warm side or cold on sandwiches! Enjoy!