

During WWII, both Americans and British civilians were encouraged to grow food in home gardens as well as in public parks. These efforts were called *Victory Gardens*, and helped a nation feed its population in times of shortage and crisis. This thrifty nature became engrained in that generation.

However, America has a long-standing tradition of self-sufficiency. After all, it was colonial thriftiness that started our nation – Those early settlers knew how to use everything and threw nothing away. Leftovers from any mix of meals were added to stews so that nothing went to waste.

Cabbage was a popular resource for lots of recipes; from sauerkraut, to stews, to slaw. It was easy to grow (plant in early spring and fall to avoid the summertime cabbage worms!) and stored well in root cellars.

Here are three delicious cabbage recipes;

Victory Garden Vegetable Stew

- 1/2 white or green cabbage
- small head of cauliflower
- 2 large onions
- 2 or 3 carrots
- 2 or 3 potatoes
- 1 large can tomatoes or several large fresh ones
- peas, sweetcorn, parsnip or whatever else needs using up
- Beef or chicken bouillon (or your own homemade stock)
- salt, pepper, herbs such as thyme and rosemary
- 1 or 2 T. cornstarch & hot water

Method

1. Wash veg where applicable
2. Chop potatoes cabbage, cauliflower, and carrots into bite-size cubes or slices.
3. Chop onions and sauté in a large saucepan with a little butter
4. Once sautéed add other veggies and can of tomatoes or fresh tomatoes
5. Add stock or bouillon with water added to make approx. 2 or 3 cups of liquid
6. Add some salt and pepper and bring to boil
7. Reduce heat and simmer until the large chunks of potato are tender enough to eat
8. Ten minutes before you finish cooking mix 2 T. cornstarch into a paste with some boiled water and pour slowly into stew stirring all the time to thicken the mixture
9. Once thickened, taste stew and add more herbs and spices according to taste

Basic German Cole Slaw Recipe

Cut your head of cabbage in half from top to core stem, then slice each half into long quarters. Cut out the core of each quarter and discard. Holding the leaves of the cabbage quarters together, carefully slice across them as thinly as you can. From there, it's a matter of taste; some folks like their cabbage more finely diced (keep on cutting!), some prefer the slaw a bit chunky (you're done!).

INGREDIENTS

- 4 cups thinly sliced cabbage (green or a mix of green and red)
- 1 cup of grated carrot
- 1/4 cup of diced onion

Dressing;

- 1/2 cup mayonnaise
- 1 teaspoon sugar
- 1 tablespoon cider vinegar or wine vinegar
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper (more to taste)
- 1/2 teaspoon celery seed (optional)

Lightly toss cabbage, carrot and onion until evenly blended. Mix up dressing and stir into the slaw. Refrigerate.

A Very Basic Sauerkraut Recipe

You will want to get your cabbage from a farmer's market or your own garden, as grocery stores often irradiate vegetables to kill bacteria. Unfortunately, this kills good bacteria too, which is what you need to ferment your cabbage.

Chop a head of cabbage to a suitable size, according to taste.

Stuff cabbage into jars, pressing firmly to get as much in as you can.

Per each quart, top with 1 tablespoon of salt.

Fill each jar with boiling water until 1/4 inch from the top. Run a knife down along the inside of the jar to release bubbles.

Cap the jar and set in a towel-lined box, in a room temperature location & out of direct sunlight, for 2-4 weeks or until the cabbage appears slightly translucent.

Move the jars to a cooler room/basement for storage up to 3-6 months (the cooler your basement, the longer you can store your kraut). Or can the jars, processing submerged in simmering water for 20 minutes.