



BENEFITS

Because supplies never run out!

Yes, indeed! Cauliflower is one of the few vegetables that you can eat all year long in Quebec. Enjoy!

Because there's one for everyone's taste!

Kale, broccoli, cauliflower, Brussels sprouts, green cabbage, red cabbage, Savoy cabbage... there are just so many varieties!



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



CREAMY AND TRADITIONAL COLESLAW

Portions: 12 to 15  10 min

Ingredients

- 1 L (4 cups) red cabbage, thinly sliced
- 2 L (8 cups) green cabbage, thinly sliced

Traditional dressing

- 15 ml (1 tbsp) sugar
- 60 ml (1/4 cup) apple cider vinegar
- 60 ml (1/4 cup) canola oil
- 2.5 ml (1/2 tsp) garlic powder
- 2.5 ml (1/2 tsp) onion powder
- Salt and pepper to taste

Creamy dressing

- 60 ml (1/4 cup) white vinegar
- 125 ml (1/2 cup) mayonnaise
- 15 ml (1 tbsp) white sugar
- 5 ml (1 tsp) relish
- 2.5 ml (1/2 tsp) Worcestershire sauce
- Salt and pepper to taste

Directions

1. Shred the red and green cabbage. Mix together in a salad bowl.
2. Transfer half of the cabbage to a second salad bowl.
3. Mix together all the ingredients for the traditional dressing. Add to the first salad bowl and mix to combine.

Source: Marie-Pierre Drolet, RD



CURRIED TOFU AND CABBAGE STIR FRY

Portions: 4  30 min  30 min

Ingredients

- 2 gloves garlic, chopped
- 454 ml (2 cups) crumbled tofu
- 1 onion, thinly sliced
- 30 ml (2 tbsp) canola oil
- 500 ml (2 cups) green cabbage, thinly sliced
- 10 ml (2 tsp) cornstarch
- 60 ml (1/4 cup) water
- 30 ml (2 tbsp) soy sauce
- 30 ml (2 tbsp) honey
- 10 ml (2 tsp) curry powder
- 1 yellow pepper, seeds removed, diced

Directions

1. In a large pan, brown the garlic, onion and crumbled tofu in the oil on high heat.
2. In a bowl, dissolve the cornstarch in the water. Add the soy sauce, honey and curry powder. Mix and set the sauce aside.
3. In another large pan, brown the cabbage in the oil on medium heat. Cook about 8 min, stirring frequently, until the cabbage is al dente. Keep warm.
4. Add the peppers and continue cooking until tender. Add the sauce and bring to a boil, stirring frequently. Add the tofu mixture and mix.
5. Serve over rice vermicelli.

Source: Marie-Pierre Drolet, RD

TIP!

Cabbage is known for its bad odour. To reduce the unpleasant sulphur smell, opt for quick cooking and avoid leaving cabbage in the back of your fridge for too long. The older it is, the more it smells!

