



# $How\ about\ a$ few words

few weeks ago, when I brain-stormed St. Patrick's Day menu ideas with the wonderful folks over at my office, I found myself locked into a fast and furious debate over cab-

about cabbage?

It seemed to be the consensus of It seemed to be the consensus of overyone, excluding me, that cabbage was a stinky vegetable that they would not want to cook at home or go out of their way to consume.

I thought "Wow, that's really a shame." Maybe they haven't enjoyed cabbage prepared in all the wonderful ways I have.

### A need for representation

Cabbage doesn't really have a pokesman like many of the other veg-

Cabbage doesn't really have a spokesman like many of the other veggies do.
Carrots have Bugs Bunny and spinach has Popeys. I remember Cabbage Patch Dolls. Although they were pretty popular, they really did not premote cabbage consumption.
When I traveled through much of Europea sew years ago, it seemed the Europeans were quite proud of cabbage and its culinary achievements in the kitchen. It seems here that you only find trusty cabbage in colesiaw, sauerkraut and seasonally at an Oktoberfest event or on St. Patrick's Day featured with corned beef.

corned beef.

Cabbage is a wonderful vegetable that pairs well with everything from fish to

game.
Alice Waters of Chez Panisse writes
that American habit of cooking cabbage
in water in which we have cooked ham
hocks 'has blinded us to its virtues.'
"Because it can provide food in the
winter when there may be few other
vegetables to be had, and because it can

be grown in most temperature cli-mate zones of the world, cabbage has Types Green: Early/ Domestic and Danish, The most popular, it is used in a myriad of dish-es, hot and developed a repu-

cold. Red: Used in

European-based recipes, soups,

sand stews end for pickling. Savoy: Mellow flayored. Considered to be one of the best of its femi-

developed a repu-tation as a com-monplace or even-course vegetable. "But it is worthy of the most refined preparations." Waters serves it with foie gras and caviar. "Its sweet-ness complements the richness of duck and pork. It is surprisingly good with fish, wrapped around salmon and steamed, for exam-ple, trapping the ple, trapping the juices and flavor. Braised, steamed or stir-fried, it is a treat by itself.

best of its family for cooking. Color varies from dark to very pale, almost white looking leaves. Chinese Cabbage: Is also known as Nama treat by itsell. Fermented and transformed into sauerkraut, it is a new vegetable alto gether." Relatives are

also known as Nappa, Hakusal, celery cabbags, wong bok and Peking cabbage, Cream colored with bok and Peking cabbage, fream colored with cresking speed clearly cresking speed care to the mustard family include brocoll, Brussels sprouts, cauliflower, Chinese cabbage, kale, kohirabi and turnips.

Cabbage disc widely grown vegical of the Brasila family. The other members of the family include brocoll, Brussels sprouts, cauliflower, Chinese cabbage, kale, kohirabi and turnips.

Cabbage distinguished tiself from other family members by the short peliodel leaves, the latter development of a compact head and the compressed stem and leaves. different

compact head and the compressed stem and leaves. Selective breeding has produced several distinct types of cabbage: early, mid-seasen, and late; green and purple; large and small heads; flat, oval, conical and globular; savoy types, and smooth or crumpled leaves. Wild Cole crops grow along the Mediterranean and Atlantic coasts of Europe. It is presumed that cabbage and kale originated in western Europe

Please See CARBAGE, D2

## LOOKING AHEAD

What to watch for in Taste next week:

Spring cleanup
Salon team

Get fit, eat right, hit the gym.... and enjoy these

vegetables

BY PEGGY MARTINELLI-EVERTS SPECIAL WRITER

BY PEGGY MARTINELLI-EVERTS

A many frustrated people feel
the pull of a few extra pounds
this month and look forward
to the lighter days of summer, now
might be the perfect time to focus
on nutrition.

The month of March, also Nationall Nutrition Month, can help remind
everyone that there is an inseparable
relationship between food and physical activity.
This month's theme of "Food & Fitness:
Build a Healthy Lifestyle" highlights the
inseparable relationship between food and
physical activity. That focus helps many promote
hysical activities for the entire family and achieve
healthy lifestyles, including Rebecca Bimberg of
Livonia.

"As a mother of one, with another on the way, I've
managed to stay in shape by making exercise a way
of life," said Bimberg. "We've found that exercise is
more fun when we do it as a family. When we go to
the gym, my husband and I take turns exercising,
while the other plays in the pool with our daughter."

Diets aren't a quick fix

#### Diets aren't a quick fix

Diets aren't a quick fix
Good health is not found in a bottle of supplements, the latest diet book, fancy gadgets or body wraps. Good health and fitness come from exercising every day and eating a variety of foods in sensible portions.
Of course, this "exercising every day" message is not appealing to many people. Dieters want immediate results and are willing to go to extreme measures and pay dearly to be thin.
Diets should not be viewed as a quick fix with long-term results. They "represent negativity," said Abby Warmuth, of Farmington.
Diets said warmuth. "If eather focus on what I can have and limit my portions than deny myself food.
'In the long-term, it's a lot easier to have less of what you want

what you want than to have nag-ging cravings."

What to

ous vegetables, ircuits, grains and legumes and remind ourselves of the important nutritional considerations. Five servings of fruits and vegetables should be consumed each day, but the American Institute for Cancer Research also recommends that those servings include a variety of different types, to ensure you're getting the full range of important nutrients. Salads often are not as healthy as dieters perceive them to be. Generous servings of salad dressing, croutons and bacon bits add calories and fat to an otherwise nutritious dish. Instead, lighten up on the dressing and add a good source of protein for flavor. Turkey slices or a small can of

tuna may be added to any salad, including those that are available prepackaged at the grocery store.

Adding a variety of vegetables can make salads more appetizing. An ensy way to make a meal for shrimp cocktail fans is to have a salad with mixed greens, fresh apparagus, cauliflower and grape tomatoes. This salad is a delicious, healthy treat with almost no prep time. Hard-boiled egg slices also are a good addition.

For those with a yen for snacking, take advantage of fresh produce that is in season. Broccoll, cauliflower and asparagus are delicious right out of the refrigerator.

refrigerator.

Always on the go with little or no time to spend in the kitchen? Prepackaged vegetables that are freshly washed and cut are available in most greecry stores. Baby carrots, sugar snap peas, broccoli and cauliflower forets and grape tomatoes are among the vegetables readily available for snacking and conditions.

washington Apples, oranges, pears, and green and red grages are at their peak right now and are a great way to satisfy the sweet tooth. Fruit also can be a satisfying treat for ice cream lovers; frozen bananas and grapes are delicious and decadent right out the freezer. Fruit leather is another fun

Fruit leather is another way to enjoy fruit, but look for the real thing instead of the artificially colored and flavored fruit roll ups for kids.

Fit in your

fitness

National Nutrition Month's
'Food & Fitness: Build a Healthy
Lifestyle' theme can be fit into a
daily routine through exercise
without much effort. Instead of
driving around in circles to get
the closest spot in the parking
lot, park a little farther away
and walk the extra few paces.
Unless you need to go to the
top floor of a skyseraper or are
carrying heavy packages, you
will be better off to taking the
stairs and reaning the benefits

will be better off to taking the stairs and reaping the benefits of walking. Every little bit helps when it comes to making exercise a part of one's lifestyle. Sheryll Kollin, of Farmington Hills, used to work out at a gym. "Now,! run at home on my treadmill three or four times a week," said Kollin. "I run at night during the week and in the morn-

ing on week-

ing on week-ends.
"I enjoy having some time to myself, and as crazy as it may sound, I find running very relaxing."

The best advice for those wishing to shed a few pounds and keep it off-is to find a sensible diet and exercise program that can be maintained on an ongoing basis. Otherwise, there is the risk of "rebound dieting" and weight gain.

As we try to rid ourselves of any excess weight weve gained during the winter months, it is important to remember that the message of National Nutrition Month rings true throughout the year. Take your time and choose your foods carefully. And don't forget to go outside and play. Peggy Martinelli-Everts, a Clarkston resident, is a registered dictition and director of clinical operations for HDS Services, a 35-year-old Farmington Hills based food service and hospitality manifood service management for hospitals, long-term care facilities, businesses, private clubs and private schools. HDS Services has appreximately 250 monagement accounts throughout the United States and Japan.

See inside Taste for recipes.



# Dinner time is family time with children



MANN DEMA

MURICIA

MURICIA

Ak the kida. Besides

making cooking time
family time, you'll be creating a food education
experience.

Children are naturally
curious about food. I
have never met a child
what the or ahe cooked—
even vegetables

What you need is a
simple recipe like this
one for Chicken Vegetable Tacos and a
microwave oven with no pota to wash and
no hot stove burners to centend with. Also,
you might want to make this an example of
safe microwave cooking.

Give your children these reminders:

Don't start an empty oven.

Use potholders to take food out of the
microwave veron. Sometimes the heat from
the food heats the dish.

Remove food covers from the side oppo-

Eating tips
1. Let the "pyramid" guide your food choices.
The foundation of a healthy diet is built on eating a variety of fruits, grains and vegetables every day.
2. Choose a diet tow in seturated fat and cholesterol and moderate in total fat even if your cholesterol level is normal.
3. Choose beverages and foods to moderate your intake of sugar. Don't let sode pop replace richer flucts like water, juice and

lds like water, juice and

4. Choose and prepare

4. Choose and prepare foods with less sait. We get enough sait for our body just from eating a normal assortment of fresh and prepared foods.
5. Slow down and enjoy food. Food is nourishment for your body and scul. Food is not the enemy. Make peace with your refrigerator.

Eating tips

site you so hot steam doesn't hit your hands or face.

Let food cool a little before eating.
Show kids what dishes to use. Do not reuse plastic trays, bowls or plastic bags that come with food.
Pierce whole foods like potatoes to prevent food explosions.
Cover cups and bowls with wax paper or a paper towel, not plastic wrap, to prevent splatters.
This recipe for tacos (something kids already like) introduces microwave vegetable cooking.

Look for Main Dish Miracle on the second Sunday of the month in Taste. Muriel G. Wagner is a registered dictition and nutri-tion therapist with an office in Southfield. She publishes "Eating Younger," a quarter-ly newsletter with recipes and nutrition tips. To subscribe, send a check for \$13.50 to "Eating Younger," P.O. Box 69021, Pleas-ant Ridge, MI 48069.



Cup mile sersa
 1 to unce can kidney beans, rinsed and drained
 5 ounce can chunk chicken, rinsed
 6 tace shells

6 tablespoons shredded fat-reduced Monterey Jack or Cheddar Cheese

Cheese

In large microwave-safe bowl, defrost veggies. Drain well, Combine with salsa, kidney beans and chicken. Microwave on high for 2 to 3 minutes or until thoroughly heated, stirring once half way as directed on package. Sopon vegetable mixture into tace shells. Top with cheese, Serves 6.

Manufacture of the Colonia 2005, Total Estit as Colonia Estit.

App with CHEMON DOWNER OF THE PROPERTY OF T Food Exchanges: 1 lean meat, 1-1/2 starches, 1 vegetable.

ken Ahramczyk, Editor 734-953-2112

kabramczyk@oe.homecomm.net

hometownnewspapers net