

Opa-locka Farmers Market

At Nathan B. Young Elementary School
14120 NW 24th. Avenue, Opa-locka, FL 33054
Wednesdays from 2 p.m. to 5:30 p.m.

Available Produce

Farm Worker

(Organic Produce)

Mango
Papaya
Onion
Mint
Green Pepper
Tomato
Parsley
Basil
Rosemary

Country Corner

Green cabbage
Pineapple
Grape fruit
Banana
Oranges
Strawberries
Grapes
Corn
Sweet Potatoes



SIMMERED CABBAGE

Ingredients

- ½ head cabbage, chopped into approximately 1 inch squares or pieces
- 1 tablespoon olive oil
- 1 tablespoon butter
- ½ tablespoon salt to taste
- ¼ teaspoon fresh ground pepper, to taste
- 1 cup chicken broth or 1 cup vegetable broth
- 3 tablespoons dry cherry(optional)

Preparation

- Heat oil and butter in large, heavy and wide saucepan or sauté pan; add cabbage, salt, pepper, and stir over low heat for 5 minutes
- Add broth (and cherry if any) and bring to boil, cover and simmer over medium-low heat, stirring often, for about 15 minutes or until cabbage is tender.
- Raise heat to medium, uncover and let juices reduce to about half.
- Taste and adjust seasoning; serve hot.

Source: <http://www.food.com/recipe/simmered-cabbage-100417>

