



**Many Hands Organic Farm and  
Sustainability Center**  
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## Extra Beet Surprise

From Teresa Wolcott

### Ingredients:

- Leeks
- Beets
- Garlic
- Cabbage
- Allspice
- Cooking wine
- Raisins

### Directions:

1. Cut leeks and beets (set aside the greens) to about the same size. Mince a couple of cloves of garlic and caramelize over medium heat. (about 30 mins.)
2. While the other vegetables are cooking, thinly slice half a head of cabbage. Once the other vegetables are done, add the cabbage and about 1/8 tsp of allspice (it is good with a little cinnamon too) add a few tablespoons of liquid (wine is nice)
3. Cover and cook for an additional 15 to 20 min., depending on how well done you like your cabbage. Just before removing from the stove throw in a few handfuls of raisins.