

## Seasonal Eating

### Fresh Chow Chow

Ideas for Using Fresh Produce

- 3 cups chopped fresh cabbage
- 3/4 cup chopped onion
- 3/4 cup chopped green tomato
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 tablespoon pickling salt
- 3/4 cup sugar
- 1/2 cup white vinegar
- 1/4 cup water
- 3/4 teaspoon mustard seeds
- 1/4 teaspoon celery seeds
- 1/4 teaspoon ground turmeric
- 1/2 teaspoon red pepper flake
- 1 jalapeño pepper, seeded and finely chopped



In a large bowl, combine cabbage, onion, tomato, bell peppers and salt. Cover and chill 2-8 hours. Transfer to a Dutch oven and stir in the sugar, vinegar, water, mustard seed, celery seed, turmeric and red pepper flakes. Bring to a boil over medium high heat. Reduce heat to medium and simmer 3 minutes. Cool to room temperature (about 30 minutes). Stir in the jalapeno, cover and chill 1-8 hours.

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