



Many believe Cinco de Mayo is Mexican Independence Day, celebrating Mexico's independence from Spain. However, **Cinco de Mayo**, Spanish for "Fifth of May", commemorates the Mexican victory in 1862 over the French forces of Napoleon III. The battle resulted after Mexico declared a temporary freeze on the repayment of foreign debts in 1861. English, Spanish, and French troops invaded Mexico, but by April 1862 the English and Spanish had withdrawn. The French persisted, with the support of wealthy Mexican landowners, in an attempt to establish a monarchy under Maximilian of Austria and to curb U.S. power in North America.

On May 5, 1862, the French were defeated by poorly equipped mestizo (mixed Native American and European ancestry) and Zapotec (native Central Americans) forces at the Battle of Puebla, southeast of Mexico City. Although the fighting continued for another five years, the victory at Puebla became a symbol of Mexican resistance to foreign domination.

Mexican Independence Day is celebrated on September 16, not May 5.

Source: <http://www.britannica.com/EBchecked/topic/118001/Cinco-de-Mayo>

For information about Howard County Farmers' Market, events at the market or demonstration garden or how to become a market vendor, contact Market Manager:

Albert Motta
(870) 200-1733
or pick up an application at the

Nashville Chamber of Commerce

107 South Main
Nashville, AR 71852
(870) 845-1262

Visit the Farmers Market page at the Chamber of Commerce website at

nashvillear.com

and check the **Growing Healthy Communities Calendar of Events** at the Chamber Website as well!

CABBAGE MEXICAN STYLE

Albert Motta
Superasistence
Farm

Friday
May 3, 2013

Howard
County
Farmers'
Market



Slaw with Jícama, Cilantro & Lime

This is a great side dish and also works as a topping for chicken or fish soft tacos.

1 small green cabbage, cored and sliced thin
1 medium jícama, peeled and quartered
4 scallions, thinly sliced
1/4 cup chopped fresh cilantro
1/4 cup plus 2 Tbs. mayonnaise
1/4 cup fresh lime juice; more to taste
1 jalapeño, seeded and minced (substitute your favorite hot pepper)

Thinly slice the cabbage in a food processor using the 4mm slicing disk or by hand. Rinse in a colander.

Switch to the grating disk and grate the jícama or cut it into very thin (julienne) strips by hand. Toss in a large bowl with the scallions and cilantro.

In a small bowl, whisk the mayonnaise, lime juice, and jalapeño.

Turn the cabbage out onto a clean dishtowel and pat it thoroughly dry. Toss the cabbage with the jícama and the lime mayonnaise. Season to taste with kosher salt and more lime juice if needed.

Mexican Cabbage Rolls

10-12 large cabbage leaves
1 Tablespoon extra virgin olive oil
3 cloves garlic, divided, minced
1/2 onion, diced
1 pound lean ground beef
1 green bell pepper, diced
1 small yellow squash, diced
2 jalapeños, seeded and minced
1 - 28 ounce can enchilada sauce
4 ounces cheddar cheese, shredded

Preheat the oven to 375°F. Spray a large baking dish with cooking spray and set aside.

Bring a large pot of salted water to a boil. Cook the cabbage leaves, two or three at a time, for approximately 30 seconds. The cabbage leaves will turn bright green in color and will soften. Drain on a clean kitchen towel, and set aside.

In a sauce pan, heat one tablespoon of olive oil. Cook the onion and minced garlic until the onion is clear. Add the beef. After the beef browns add the bell pepper, yellow squash, and

jalapeño. Cook 4-5 minutes until the vegetables are tender.

Ladle some of the enchilada sauce into the baking dish, coating the entire bottom. Spoon some of the beef mixture into the center of each cooked cabbage leaf. Roll the cabbage leaf, tucking in the sides, similar to wrapping a burrito. Place each cabbage roll in the baking dish.

Pour the remaining sauce over the cabbage rolls. Sprinkle with the shredded cheese.

Bake uncovered for 25 minutes. Let stand for 5 minutes prior to serving.

Did you know . . .

Cabbage is rich in various phytonutrients and vitamins including vitamin A, C & K, all of which are antioxidants that help prevent cancer and heart disease?

Cabbage is also a good source of dietary fiber important for ensuring the body's digestive system is functioning at optimum level.