

# Cabbage

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My ancestors came over on the May Flower from England. There aren't too many vegetables that grow naturally in England. One that does, however, is cabbage. It is very similar to lettuce, but actually is related to broccoli. Cabbage on its own can be pretty bland, but it can be used in so many dishes to add a crunchy texture.



## Coleslaw

### Ingredients:

- Whole Cabbage
- Carrots
- Mayonnaise
- Apple Cider Vinegar
- Poppy seeds

### Directions:

- Chop cabbage into thin long strips
- Peel carrots and put carrot peels and cabbage slices into a bowl
- Mix mayonnaise, apple cider vinegar, and poppy seeds together and combine with cabbage and carrots
- Mix dressing and vegetables together
- Enjoy!

# Huckle Berry



Growing up, my Mom was always making jam. Depending on the season we would use different berries. My favorite berries are Huckle Berries. They are native to Oregon and grow in really high elevations. The berries are small and require a lot of effort to pick. They look and taste like a smaller and more tart blueberry, which makes it a great berry to turn into jam!

## Jam

### Ingredients:

- Huckle Berries
- Sugar
- Pectin
- Lemon Juice
- Salt

### Directions:

- Mash berries in a big bowl until they are smooth
- Combine sugar, lemon juice, salt and berries into a large sauce pan, bring to a boil
- Boil mixture until it has thickened
- Remove from heat, and put into jars
- Enjoy!