



# Cabbage



## Varieties Grown in New York State

- Green Cabbage
- Red Cabbage
- Savoy Cabbage

## Nutrition and Health Benefits

- Cabbage is an excellent source of Vitamin C and Folic Acid, and a good source of Vitamin K.
- Fat-free, saturated fat-free, and cholesterol-free, cabbage is a great low calorie vegetable!
- Cabbage is also low in sodium.

## Selection

- Choose cabbage with a compact head and crisp outer leaves. Look for no insect damage or bruises.
- TAKE NOTE! A perfect cabbage may be under a few damaged outer leaves!

## Preparation & Cooking Tips

- Peel off any outer cabbage leaves, and check for cabbage worms.
- If cabbage is insect free, rinse under cold, running water.
- To rid cabbage of any insects, soak in salt water for 15-20 minutes.
- When cooking, use a tiny bit of water, only about  $\frac{3}{4}$  inch. Once the water is boiling, add the cabbage and cook quickly, as it's easy to overcook!
- Cabbage can be eaten raw, cooked, or fermented.  
**FUN FACT!** Sauerkraut is actually fermented cabbage! You might have had it on a sandwich or hotdog!
- Sauté cabbage with onion and add to any pasta.
- Shred cabbage and add into dishes such as stews or curries.

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## Storage Tips

- Cabbage will keep in the veggie drawer of the fridge for about 2 weeks.
- Once the cabbage is cut, wrap it tightly in plastic wrap for storage.
- Cabbage can also be frozen! Blanch shredded cabbage in boiling water for 1 minute, or wedges of cabbage for 2 minutes, then freeze.
- For long-term storage, make cabbage into big batches of sauerkraut!

## Kid-Friendly Eating Tips

- Wrap it! Use cabbage leaves to create a wrap and add in any ingredients you like inside!
- Scoop it! Cabbage leaves can be used a healthy 'cups' or 'bowls' to house dips or salsas!
- Shell it! Use cabbage leaves as a taco 'shell' to add a crunch to your meal!
- Add it! Add in raw green and red cabbage to a salad to make it more colorful!

## RECIPE

### LAZY CABBAGE ROLLS

- 1 pound of .5 oz meatballs
- 1 pound shredded cabbage
- 14 oz can of Cranberry sauce
- 2 cups of spaghetti sauce

#### What To Do:

- Layer cabbage and meatballs in a greased 13X 9 inch pan
- Mix sauces together and pour over cabbage/meatballs. Bake for 30 minutes at 325 degrees.
- Serve over cooked rice.

## How to Grow It

- Cabbage needs full sun and well-draining soil.
- This veggie is an annual that can also tolerate frost, thanks to its outer leaves!

**FUN FACT!** There are over 400 varieties of cabbage enjoyed worldwide!

**FUN FACT!** Cabbage is not native to North American, and is a cousin of kale!

- Start cabbage indoors 6-8 weeks before last spring frost, and plant into garden when plants are 4-6 weeks old!
- Space seedlings 1-2 feet apart, in rows 2 feet apart.

**FUN FACT!** Some cabbage, like savoy, is used as edible landscaping!

## RECIPE

### CABBAGE FRITTER CASSEROLE

- 2 ½ cups white cabbage, finely chopped or grated
- ¼ cup finely chopped onion
- ¼ cup crumbled cooked bacon
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 eggs, lightly beaten

#### What To Do:

- In a large bowl, combine all ingredients; mix well.
- Pour mixture into a greased 13X9 inch pan and bake at 350 degrees for 30 minutes.
- Can be served as a side vegetable at dinner.

