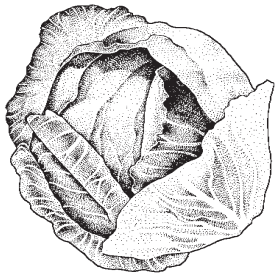
CABBAGE

FNH-00561C

by Roxie Rodgers Dinstel,
Extension Faculty
Health, Home and Family Development



Nutrition and Health …

Cabbage provides Vitamins A and C. It is also a good source of fiber. A 1 cup serving of finely shredded raw cabbage has only 22 calories.

Selection …

Select cabbages that are heavy for their size and have bright, crisp leaves with no signs of yellowing, cuts or bruises.

Storage …

Ideal storage temperature for cabbage is 32˚F with 90 percent humidity. A crawl space or root cellar is an excellent way to preserve these heads. Store cabbages in a perforated plastic vegetable bag in the refrigerator. (Cut small slits in bag to increase air circulation.) Cabbage can be dry salted and fermented into sauerkraut.

Preparation …

Cabbage is best in flavor and nutrition when eaten raw or cooked for a short period of time in a small amount of water. To cook, use a nice young cabbage, slice it very thin and stir-fry it in a little oil. As it wilts, cover the pan and let it cook in its own steam, about 4 to 5 minutes. Add salt, pepper and a little butter. Another way to prepare your cabbage is to take a few carrots and slice thinly. Place carrots in a frying pan with a little oil and cook for about 7 minutes or until slightly tender. Then add thinly sliced cabbage. Cover and let cook for about 4 more minutes. (For detailed instructions on making sauerkraut, call the Cooperative Extension Service.)

Recipes

Cold Cabbage Slaw

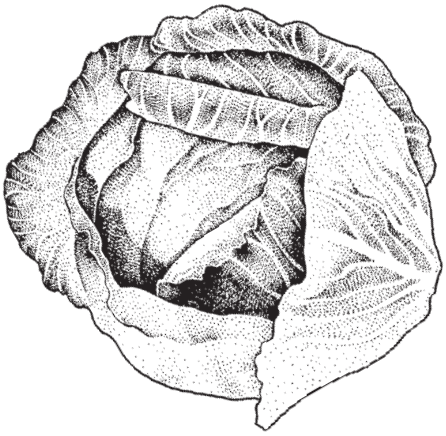
1 quart cabbage, finely chopped
½ cup green pepper, chopped
¼ cup diced sweet pickle
1 tablespoon sugar
½ teaspoon salt
3 tablespoon vinegar
¼ cup cream
2 tablespoon prepared mustard

Mix cabbage with green pepper and pickles. Combine sugar, salt, vinegar, cream and mustard; pour over cabbage, blend well, serve at once. Serves 4.

Sweet-Sour Cabbage

2 apples, cored and peeled
1 onion
1½ tablespoon vegetable oil
½ head cabbage, shredded
½ cup water
½ cup brown sugar
½ cup vinegar

Chop apples and onion fine; cook in skillet in vegetable oil about 10 minutes. Add cabbage and water, a little at a time; cook 10 to 15 minutes. When cabbage is tender, add brown sugar and vinegar. Before serving, salt and pepper. Serves 4.



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4-00/RRD/500 Reprinted October 2009

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