



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.

