



# RED CABBAGE



- ♦ Red cabbage, scientifically known as *Brassica oleracea*, is also called blue kraut, purple cabbage or red kraut. It is closely linked to broccoli, brussels sprouts and cauliflower and savoy cabbage. It has dark red/purple leaves. The plant normally changes its color according to the pH value of soil. Leaves normally grow more reddish in acidic soil, more purple in neutral soils and greenish-yellow colored cabbages in alkaline soil.
- ♦ Red cabbage dates back to 1570 in England; however it was introduced to all of Europe by the Romans during the 14th century. It was used mainly by peasant families as food for both human and livestock consumption during 14th century. During 18th century Red cabbage first appeared in an aristocratic culinary setting and it is now grown internationally and traded throughout all hemispheres.
- ♦ Red cabbage is distinguished by its coloring, texture and flavor. Like Green cabbage it is rounded and wrapped in tightly wound waxy leaves. The leaves are more violet and burgundy versus true red. Their flavor is far more bold, cruciferous and peppery versus green cabbage. Red cabbage lacks water weight, which makes its leaves chewier and coarser than Chinese cabbage varieties.
- ♦ Red cabbage can also be used as a natural dye for cloth or food. How about a cabbage tie-dyed t-shirt?
- ♦ Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried or eaten raw.
- ♦ The word "cabbage" is an Anglicized form of the French *caboche*, meaning "head." Red cabbage's colorings are due the presence of anthocyanins. These plant pigments produce red, pink, violet and magenta colors within different parts of food plants.
- ♦ The concentration of anthocyanin polyphenols in red cabbage provide far greater health benefits than that of green cabbage varieties. The anthocyanins act as dietary antioxidants, as digestive aids, as an anti-inflammatory and they have potentially protective, preventative, and therapeutic roles in a number of human diseases.
- ♦ The juice of red cabbage is used as a home-made pH indicator, which turns red in acid and green/yellow in basic solutions.
- ♦ Red cabbage normally turns pale blue as soon as heated. To hold its lively red color throughout cooking, add a few amount of vinegar or lemon juice, or cook the vegetable along with acidic ingredients such as apples or wine.
- ♦ Red cabbage has 10 times more vitamin A and twice as much iron as green cabbage. Regular intake of red cabbage will help you to remain healthy and active.

*Red cabbage plays an important role in cancer prevention due to the presence of high levels of antioxidant components as a preventative measure.*

*Red cabbage is very low in calories and high in dietary fiber and is full of essential vitamins and minerals.*

*Different antioxidants that are present in red cabbage help to protect you from effect of free radicals in terms of serious disease. Apart from that it will also help to reduce the ageing sign which occur because of free radicals. It also helps to keep skin tight, fresh and flexible, reduce age spots and wrinkles which occur as we grow old. The considerable amount of vitamin A present in red cabbage is valuable for regrowth of skin cells, skin health as well as provide protection from sun damage and elasticity of the skin.*

*Amino acid, namely glutamine, is present in huge amounts in red cabbage. This is beneficial for decreasing inflammation as well as pain related with ulcers in gastrointestinal systems.*

*Red cabbage is discovered to be very powerful in protecting the cognitive activity of people. Development of particular type of plaque is in fact a main reason for cognitive loss in people. Anthocyanins found in red cabbage definitely decrease the occurrence of this plaque, safeguarding brain against Alzheimer's disease.*

*High concentration of certain minerals present in red cabbage makes it one of the best vegetable options to guarantee healthy bone growth and development.*

*Red cabbage consists of considerable amount of manganese which helps in controlling the level of sugar, thus helping to prevent further incidence of certain diseases like diabetes.*

*Red cabbage is high in fiber, which aids in digestion.*

## HEALTH BENEFITS

