



Cabbage

Introduction

Cabbage is a member of the Brassica family. It is a hardy, leafy vegetable, and it is high in vitamin C and fiber. There are hundreds of varieties of cabbage, but the most popular in the U.S. are green cabbage and bok choy.

Preservation

Storing:

- Store unwashed, dry cabbage in the refrigerator, loosely wrapped in plastic or a perforated bag.

Freezing:

- Wash cabbage heads. Soak for 1/2 hour in solution with 1-3 tbsp of salt per gallon of water, then rinse and remove yellow, outer leaves. Cut cabbage into quarters or wedges or separate leaves.
- Bring a large pot of water to a roiling boil. Blanch cabbage by boiling in water for 90 seconds and then placing in an ice bath until completely cooled.
- Pack cabbage into airtight freezer bags or containers.

Pickling:

- 2 lbs cabbage, cored and shredded
- 5 cups bell peppers, cut into thin strips
- 1/4 cup pickling salt
- 1 1/2 cups white wine vinegar
- 1/2 tsp red pepper flakes
- 4 tsp mustard seeds
- 6 garlic cloves, minced
- 1 cup sugar
- In a large bowl, toss the cabbage and peppers with salt. Cover and let stand in a cool place for 8-12 hours.
- In aaucepan, combine the sugar and vinegar. Bring to a boil, then let it cool.
- Rinse the cabbage and drain well. Toss with the pepper flakes, mustard seeds and garlic. Firmly pack the vegetable mixture into 4 pint-sized jars and pour the vinegar mixture over the vegetables. Close the jars with hot two-piece caps and process for 20 minutes in a boiling water bath.
- Store jars in a cool, dry, dark place for 3 weeks before eating.

Growing & Harvest Info

Cabbage grows best in full sun, cool temperatures and well-drained soil. Start seeds indoors 6-8 before the last spring frost. Work the soil with compost before planting outdoors. Transplant outdoors 2-3 weeks before the last spring frost, planting 12-24 inches apart. Mulch to retain soil moisture and water 2 inches per week. Do not plant cabbage near strawberries or tomatoes because of pests or near brocolli or cauliflower because they will deplete soil nutrients.

Harvest cabbage after 70 days, when the heads are firm and the desired size. To harvest, cut the head at the base with a sharp knife. After harvesting, store indoors or in shade immediately and remove the stem and root system from the soil to prevent disease build-up.

To get extra crop from early cabbage plants, remove only the head, leaving the outer leaves and roots. When the plant sends up new heads, pinch them off, removing all but four or so.

Nutritional Benefits

Cabbage

Source	Rating
Vitamins	EXCELLENT
Minerals	MODERATE
Fiber	GOOD

Vegetable state	Use by
Raw	2 weeks
Frozen	1 year
Pickled	6 months



Cabbage

Cabbage is rich in vitamin B6 and folate, which are essential for energy metabolism and the normal functioning of the nervous system

Prepare cabbage like this:

Raw	Sautéed
Boiled	Roasted
Grilled	Steamed
Pickled	Fried

Try cabbage in:

Salads
Soups
Slaws
Sandwiches
Casseroles
Pasta

Recipe 1: Saurekraut

Ingredients

- 1 medium head of cabbage
- 1-3 tbsp salt

Directions

- Chop or shred cabbage and sprinkle with salt
- Knead the cabbage or for 10 minutes, or until there is enough liquid to cover it.
- Pack the cabbage into a 1-quart jar. If necessary, add water to cover the cabbage completely.
- Cover the jar with a lid and allow to culture at room temperature for at least 2 weeks (if using a tight lid, burp daily to release excess pressure).
- Once finished, put a tight lid on the jar and move to cold storage.

Recipe 2: Sautéed Cabbage

Ingredients

- 1 head cabbage (or 2 1/2 pounds)
- 2 tbsp unsalted butter
- 1 1/2 tsp salt
- 1/2 tsp black pepper

Directions

- Cut the cabbage in half. With the cut-side down, slice it as thinly as possible around the core and discard the core.
- Melt butter in a large sauce pan over medium-high heat. Add the cabbage, salt, and pepper and sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season with salt and pepper, to taste, and serve warm.