



## Nutrition Notes: December 2015: Harvest of the Month- Cabbage!

# Cabbage

Cafeteria | [VermontHarvestoftheMonth.org](http://VermontHarvestoftheMonth.org)



### Kid-Friendly Eating Tips

- Add cabbage to your favorite vegetable soup.
- Add raw cabbage to any salad.
- Shred cabbage into dishes such as stews or curries.
- Sauté cabbage with onion and add to pasta.
- Use cabbage leaves as a wrap substitute.

### Cooking Tips

- Peel off any outer leaves that are damaged and check for cabbage worms. If the cabbage is insect free, it can be washed under running water.
- To rid cabbage of insects, soak in salt water for 15-20 minutes.
- When cooking, use very little water, about  $\frac{3}{4}$  inch. Once the water is boiling, add the cabbage and cook briefly, as it easily overcooks.

### Benefits

Raw cabbage is an excellent source of vitamin C and folic acid (B9), as well as a good source of vitamin K. Along with other Brassicas, cabbage contains anti-cancer compounds referred to as glucosinolates.

### Tidbit

Cabbage is a leafy vegetable that varies in color from yellow-green to red-purple. It is a wonderfully versatile vegetable, so it can be used in a wide array of manners - raw, cooked, or fermented.

### Selection Tips

- The cabbage head should be compact, with crisp outer leaves that are free of insect damage and bruises. Take note that a perfectly edible cabbage may be below a few damaged outer leaves.

### Storage Tips

- Cabbage will keep for about two weeks, if kept in the vegetable drawer of a refrigerator.
- Once cabbage is cut, wrap tightly in plastic for storage.
- Cabbage can be frozen after being blanched— 1 minute for shredded and 2 minutes for wedges.
- For long-term storage, you can also make large batches of sauerkraut.

