

CABBAGE

Types

Green, purple, Savoy (crinkled leaves), flat Dutch (large head for storage). Cabbage sprouts are small, loose heads that form as sideshoots off the main cabbage plant.

Selection Info

Pick cabbage that is firm and heavy and that has a compact head and crisp, fresh leaves. Avoid cabbage with yellow leaves, splits, or soft spots.

Preparation

Before using, peel off the outer leaves if they are soft or wrinkled. Cut the cabbage in half from the stem end, and then lay the halves flat side down on a cutting board and begin to cut small slices from end to end. Do not eat or slice into the core.

Cabbage can be eaten raw or cooked.

Raw: Cabbage is the main ingredient in coleslaw and you can add cabbage to lettuce salads for extra crunch. Use shredded cabbage for tacos.

Stove Top: Boil or steam cut cabbage for about 10-15 minutes; or microwave it for about 7-13 minutes.

Sauté: Cut cabbage into slices or chunks and discard the core. Add 1-2 tablespoons of olive oil to a large frying pan, and sauté the cabbage until tender. Add salt to taste. You can add other market vegetables for a delicious and easy side dish. Try red peppers and zucchini.

Storage

Short-Term Storage: Remove outer leaves that are not compacted around the head, and store the head in the refrigerator for 5-6 days.

You can place raw chopped cabbage in a plastic container of water and store it for 2-3 days in the refrigerator.

Long-Term Storage: Cabbage can be stored in a cold room, root cellar, outdoor storage pit, or garbage cans because cabbage's odor will permeate the cellar or house if stored inside. It can also affect the flavor of celery, apples and pears so never store near these other crops.

You can also ferment cabbage to make sauerkraut.



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CABBAGE STIR FRY

Ingredients


- 1 tablespoon vegetable oil
- 1 cup onion (chopped)
- 2 medium green sweet peppers (chopped)
- 1 small head of cabbage (chopped)
- 2 cloves of garlic (chopped)
- 2 tablespoons low-sodium soy sauce (to taste)

Directions

1. Wash sweet peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender (5-10 minutes).
4. Add soy sauce and stir until sauce boils.
5. Serve immediately, and refrigerate any leftovers.



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Nutrition Information

Serving Size 1 cup

Nutrients	Amount
Total Calories	71
Protein	2g
Carbohydrates	12g
Dietary Fiber	4g
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	201mg