



Cabbage

Produced by:



— THE LAND —
CONNECTION

Fun Facts:

- Cabbage is eaten in almost every country around the world.
- Fermentation is a widespread form of food preparation for cabbage and has nourished humanity for centuries.

Nutrition Information:

- Cabbage is an excellent source of vitamin C and vitamin K, and a good source of folate and vitamin B6.
- Different varieties of cabbage have varying nutritional strengths. Purple/Red cabbage has more vitamin C, while Savoy cabbage has more vitamin A, calcium, iron, and potassium.
- Cabbage is considered a beneficial digestive aid and intestinal cleanser.

Preparation:

- Discard the outer leaves. Rinse the cabbage and cut in half from top to bottom and then in half again (quarters), or into 1-inch slices (steaks).
- De-core the cabbage by cutting each quarter at an angle to remove the solid center. Once de-cored, the cabbage can be sliced into thin ribbons, inch-wide strips, chunks, or left as wedges.

Cooking:

Learn more at www.thelandconnection.org

Raw: thinly slice cabbage for use in slaws, salads, and pasta salads. Use on top of tacos for a delicious crunch. Cabbage goes great with green onion, carrots, daikon, jicama, kohlrabi, and beets (all raw).

Roast: cut 1/2 to 1-inch thick slices of cabbage; brush or drizzle both sides with olive oil, salt, and pepper; place on a lipped cookie sheet; roast at 400°F for 15-20 minutes until caramelized and slightly crispy.

Grill: cut cabbage into wedges; place wedges on a piece of aluminum foil large enough to wrap the cabbage; drizzle with olive oil, salt, and pepper; loosely seal cabbage in foil; grill over medium heat for 30-40 minutes.

Sauté: cut cabbage into strips and toss in a sauté pan with oil, salt, pepper, and other veggies and use in stir-fries or fried rice.

Boil: cut cabbage into quarters and then large chunks. Boil in salted water with a chopped onion for 5 minutes, strain, and add to mashed potatoes, mashed parsnips, or cook with chopped bacon for a side dish.

Storage:

- Refrigerate cabbage in a hydrator/crisper drawer. A plastic bag will help retain moisture, but it is not necessary. Do not wash or remove outer leaves before storage.
- Head cabbage can last 3 weeks to 2 months in the refrigerator, especially if kept in a plastic bag, while Asian cabbage can last about 2 weeks.
- Wrap unused pieces of cabbage in plastic wrap to keep crisp.
- Cabbage can be fermented or pickled for long-term storage.