



CABBAGE

Michigan-grown cabbage is available September through March.

NUTRITION INFORMATION

One cup of raw shredded cabbage has:

- 18 Calories
- 0 grams fat.
- 2 grams fiber.

Cabbage is a good source of vitamin A and high in vitamin C. A food is a good source of a nutrient if it provides 10 to 19 percent of the Daily Value for that nutrient. It is high in a nutrient if it provides 20 percent or more of that nutrient.

Nutrient information is based on the USDA nutrient composition database.

HOW TO BUY



- Choose cabbage that has a solid, heavy head.
- Heads should have clean outer leaves that are free of discolored veins or animal damage. The stem should not be dry or split.

YIELD

One pound equals about:

- Half of a medium head of cabbage.
- 5 cups shredded, raw cabbage.
- 2 to 3 servings cooked cabbage.

COMMON CABBAGE TYPES

Green cabbage is a ball of thick, light green leaves.

Red cabbage is a ball of thick, red leaves.

Chinese cabbages, such as **savoy**, **napa** and **bok choy**, have thinner leaves and are delicious in stir fry dishes.

HOW TO STORE

Remove any outside "wrapper" leaves that are fringed or wilted or have insect damage.

Put the cabbage in a plastic bag or wrap it in plastic wrap.

Store in the refrigerator, preferably in the vegetable crisper drawer. It will stay fresh for several weeks.

FOOD SAFETY TIPS

Keep cabbage away from raw meat so that meat juices do not contaminate it.

Cut out core of cabbage with a sharp knife and rinse leaves with cool running water before preparing it. Drain thoroughly.

QUICK AND EASY SERVING TIPS

- Add shredded cabbage to tossed salads.
- Add cabbage to soups or stews.
- Serve boiled cabbage seasoned with lemon and pepper.
- Combine sliced cabbage with other vegetables and stir fry until crisp tender.

HOW TO PREPARE

To boil

Wash cabbage and cut into quarters or large wedges. Put water into a saucepan and bring to a boil. There should be enough water to cover cabbage. Drop wedges into boiling water. Boil uncovered, until the pieces are tender, about 9 to 11 minutes for green cabbage, 12 to 15 minutes for red cabbage, and 4 to 6 minutes for napa cabbage. Whole leaves can be boiled for stuffed cabbage. Allow 3 to 4 minutes for green or napa cabbage leaves and 8 to 10 minutes for red cabbage leaves.

CABBAGE

To microwave

Wash and cut 1/2 head of cabbage into wedges (or 5 cups shredded cabbage). Put cabbage into a 2-quart microwave-safe baking dish. Add 2 tablespoons of water. Cover and cook on high for 8 to 12 minutes, or until tender, stirring after 4 minutes. Let stand covered for 2 minutes before serving.

Note: Microwave cooking times are provided as a guide. Cooking times vary because of differences in microwave ovens. Check product often for desired doneness.

RECIPES

Apple-Cabbage Slaw

3 cups cabbage, washed and shredded
2 cups Red Delicious apples, unpeeled, scrubbed, cored and chopped
1 cup celery, washed and sliced diagonally
1/2 cup onion, peeled and sliced into thin rings (optional)

Pineapple Yogurt Dressing

1/3 cup low-fat yogurt
2 tablespoons pineapple juice
1/4 teaspoon prepared mustard
1/8 teaspoon celery seed

Combine cabbage, apples, celery, and onions. In a separate bowl, combine ingredients for pineapple yogurt dressing and mix. Gently toss pineapple yogurt dressing with apple-cabbage mixture. Makes 6 (1/2 cup) servings.

This is an official 5 A Day recipe. Official recipes of the 5 A Day program meet specific criteria developed by the Produce for Better Health Foundation in cooperation with the National Cancer Institute.

Nutritional analysis per serving: 49 Calories; 0.5 gram (g.) fat; 1 milligram (mg.) cholesterol; 2 g. fiber; 36 mg. sodium.

Sweet & Sour Red Cabbage

1 small head red cabbage (1 pound), washed and shredded
1 medium apple, unpeeled, scrubbed, cored and shredded
1 small potato, peeled and shredded
1 small onion, peeled and chopped
1 cup water
grated peel of 1/2 lemon
juice of 1 lemon
3 tablespoons brown sugar
1 tablespoon vinegar

In a large covered non-stick skillet, cook cabbage, apple, potato and onion in water over low heat for 15 minutes. Stir occasionally. Add remaining ingredients. Cover and cook over low heat 10 minutes longer, until vegetables are tender and mixture slightly thickens. Stir often. Makes 6 (3/4 cup) servings.

This is an official 5 A Day recipe.

Nutritional analysis per serving: 86 Calories; 0.5 g. fat; 0 mg. cholesterol; 4 g. fiber; 28 mg. sodium.

HOW TO PRESERVE



Freezing cabbage is not recommended because it becomes limp and loses flavor. Cabbage, like many other strong-flavored vegetables usually discolors and grows stronger in flavor when canned. Therefore, canning is not recommended unless cabbage is made into sauerkraut or pickled first.

INFORMATION

For more information on food, food preservation, USDA-tested and approved canning recipes, nutrition and health, see <<http://msue.msu.edu>>.

Information in this bulletin is based on the USDA Canning Guide (September 1994); E-1704, Using and Storing Cabbage (Michigan State University Extension, 1985); and So Easy to Preserve (University of Georgia Cooperative Extension Service, 1993).



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