



FOOD PRESERVATION SERIES

Cabbage

Michigan-grown cabbage are available September through March.

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.

Use a separate chopping board for vegetables, and keep away from raw meat, poultry and seafood

Follow standardized procedures recommended by the United States Department of Agriculture for home canning.

YIELD

One pound	Half a medium head of cabbage.
5 cups raw cabbage (shredded)	2 to 3 servings cooked cabbage.

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

Purchase cabbage with leaves that are free of discolored veins or animal damage. The stem should not be dry. Bag separate from meat, poultry and seafood products.

Keep cabbage in the refrigerator, away from raw meat so that meat juices do not contaminate it.

Wash hands before and after handling fresh produce.

Cut out core of cabbage with a sharp knife and rinse leaves with cool running water before preparing. Do not use soap or detergent.

QUICK AND EASY SERVING TIPS

Add shredded cabbage to tossed salads

Combine shredded salad, shredded carrots and salad dressing to make coleslaw (Optional : add pineapple tidbits and/or raisins for a tropical version)

Add cabbage to soups or stews.

Serve boiled cabbage seasoned with lemon and pepper.

Combine shredded cabbage with other vegetables and stir fry until crisp tender.

RECIPE

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 ½ cup onion, peeled and sliced into thin rings
(optional)

Pineapple Yogurt Dressing

1 1/3 cup low fat yogurt
2 tablespoons pineapple juice
1 ¼ teaspoon prepared mustard
1 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 (½ cup) servings.

This is an official 5 A Day recipe.
Nutritional analysis per serving: 49 Calories; 0.5 gram (g.) fat; 1 milligram (mg.) cholesterol; 2 g. fiber; 36 mg. sodium.

HOW TO PREPARE

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.

Microwave

Wash and cut ½ 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.

Stir-Fry

Wash and shred the cabbage. Heat 1 teaspoon oil per in a wok or frying pan. Add shredded cabbage to hot oil. Season with salt and pepper. Add soy sauce or fish sauce to taste instead of salt. Stir for 4 to 5 minutes so it cooks quickly. One can add other vegetables (mushrooms, julienne cut carrots, broccoli and/or cauliflower florets, snow peas) and egg or rice noodles. Garnish with chopped green onions.

HOW TO PRESERVE

Freezing cabbage is not recommended because it becomes limp and loses flavor. Cabbage, like many other strongflavored vegetables usually discolors and grows stronger in flavor when canned. Canning is not recommended unless the cabbage is first made into sauerkraut and pickled. Cabbage is commonly fermented into sauerkraut, or into kimchee, a Korean (napa) cabbage appetizer fermented following the same principles involved in sauerkraut fermentation.

Table 1. Recommended process time for Sauerkraut in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	10 min	15	15	20
	Quarts	15	20	20	25
Raw	Pints	20	25	30	35
	Quarts	25	30	35	40

FURTHER INFORMATION

Food Domain Website

www.Fooddomain.msu.edu

National Center for Home Preservation

http://www.uga.edu/nchfp/how/can_06/sauerkraut.html

“So Easy to Preserve” 5th ed. 2006. Cooperative Extension Service, The University of Georgia, Athens.

<http://www.uga.edu/setp/>

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices

<http://www.cfsan.fda.gov/~dms/prodsafe.html>

This bulletin replaces E- 2660 Using, Storing and Preserving Series-Cabbage (Michigan State University Extension, 1990)

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