

Cabbage

Cabbage originated nearly 2,000 years ago in the Mediterranean region. There are many types of cabbage grown in the world. Varieties of cabbage include red cabbage, Bok Choy and Napa cabbage among other varieties.



HOW DO I MAKE A GOOD SELECTION?

Choose firm heads of cabbage that have glossy, light green leaves and are not damaged. The stem end should look healthy, trimmed and not dry or split.

WHAT IS THE PROPER STORAGE?

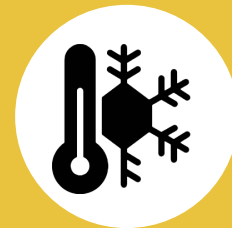
Store unwashed cabbage head in a plastic bag in the refrigerator for up to one week. Once the head of cabbage has been cut, put the remainder in plastic bag and use within one to two days.

WHY SHOULD I EAT THIS?

Cabbage is high in Vitamin C, which helps heal cuts and wounds. It is also a good source of fiber, which helps to maintain bowel function.

HOW COULD I USE THIS?

- Add cabbage to your side salad
- Use green and red cabbage in a coleslaw
- Try cabbage steamed, boiled, microwaved or stir-fried
- Add to pasta dishes
- Add it to homemade soup or stew
- Try adding cabbage to a casserole
- Create a traditional Polish dinner called Golumpki, which is ground beef or pork wrapped in cabbage leaves



DID YOU KNOW?

Cabbage needs to be kept cold so it retains its Vitamin C.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

HARVEST



MARKET



JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		X	X	X				X	X	X	X
					X	X	X	X	X	X	

Sources: SNAP-Ed Connection and Nebraska Buy Fresh Buy Local



Photo Credit: Craig Chandler

RECIPE:

Chinese Chicken Salad

8 Servings

Ingredients:

- 1 (12.5 ounce) can of chicken (optional)
- 4 1/2 c. shredded cabbage
- 1 tsp. sugar (optional)
- 1/4 c. vinegar (rice or white wine)
- 1 Tbsp. vegetable oil
- 1 tsp. Ramen noodle flavor packet
- 1/2 c. bell pepper, chopped
- 1/4 c. minced scallions
- 1/2 c. unsalted peanuts
- 1 Ramen noodle package, oriental flavored

Directions:

1. Wash hands with soap and water.
 2. Rinse cabbage under cool running water. Shred the cabbage with a knife or grater. Set aside.
 3. Break up noodles. Set aside.
 4. In a small bowl make dressing with sugar, vinegar, vegetable oil and 1 tsp. flavor packet. Stir well.
 5. In a large bowl, add peppers, scallions, unsalted peanuts and other vegetables if you like. Add cabbage and cooked chicken.
 6. Pour on dressing and combine. Break up noodles, sprinkle on top.
 7. Serve cold. Store leftovers in a sealed container in the refrigerator.
- Options: Use 2 cooked chicken breasts, chopped (heated to 165°F as measured with a food thermometer) in place of canned chicken. For more color and nutrients, add one 8 oz. can of drained mandarin oranges to the salad. Substitute sliced almonds for unsalted peanuts. Use 4 1/2 cups of cabbage salad mix instead of shredded cabbage.

Recipe Credit: USDA Mixing Bowl

Nutrition Info:

Nutrition Facts

8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	220
<small>% Daily Value*</small>	
Total Fat 9g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 430mg	19%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 395mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.