

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?

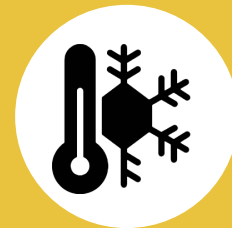
Store unwashed cabbage head in a plastic bag in the refrigerator for up to one week. Once the head of cabbage has been cut, put the remainder in plastic bag and use within one to two days.

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?

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

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



Photo Credit: Craig Chandler

RECIPE:

Mighty Quick Coleslaw

4 Servings

Ingredients:

- 4 c. cabbage, shredded
- 1 apple, chopped
- ¼ c. light or low-fat mayonnaise
- 1 Tbsp. lemon juice or apple cider vinegar
- 1 Tbsp. sugar
- 1 tsp. milk (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse produce under cool running water.
3. Mix together mayonnaise, lemon juice or vinegar and sugar. If desired, mix in a little milk, a teaspoon at a time, to thin dressing.
4. Mix mayonnaise with cabbage and apple.
5. Refrigerate at least 30 minutes to allow flavors to blend.
6. Store leftovers in a sealed container in the refrigerator.

Optional: For a healthier version, use light versions of mayo and sour cream, or use Greek yogurt in place of sour cream and olive oil mayo in place of regular mayo.

Additional quick add-ins to the coleslaw include one or more of the following: orange slices, shredded carrots, chopped bell peppers, raisins, dried cranberries, and/or chopped celery.

Nutrition Info:

Nutrition Facts

4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 0mg	0%
Potassium 180mg	4%

*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.

Recipe Credit: Nebraska Extension Nutrition Education Program