

Cabbage

Cabbage may be one of the most globally cultivated of all the plants in the Brassica family. There are so many varieties that cabbage can adapt to many different climates and altitudes. For this reason, it is eaten in almost every country around the world.

Here in the United States, we see three main varieties of cabbage: green, purple and savoy. Even though cabbage is 90% water, it still holds a significant quantity of vitamins and minerals, like vitamins A and C, calcium, potassium, and magnesium. Not all cabbages are created equal as far as nutrition goes, however. Purple cabbage has more vitamin C, while Savoy has more vitamin A, calcium, iron and potassium.

TIPS

- Keep the outer leaves on until you're ready to use it – the outer leaves of the cabbage head work to protect the inner and more tender leaves, especially helping with moisture retention.
- Handle your cabbage with care, and try to minimize bruising. Any cell damage makes the cabbage go by more quickly and degrades the vitamin C content.

HOW TO STORE CABBAGE

Cabbages can be stored, unwashed, in the crisper drawer for 3 weeks to 2 months, depending on the variety and how well you store it. You can also put the cabbage in a plastic bag to help retain moisture.

3 WAYS TO PREPARE CABBAGE

- Make a fresh slaw! Recipe on reverse side.
- Ferment it! Try a making a traditional sauerkraut, or spice it up and ferment it with other veggies.
- Stir-fry it! Try a simple stir fry with cabbage, pork, garlic, and your favorite sauce.

SIMPLE SUMMER COLESLAW

This is a wonderful California-style coleslaw—no mayonnaise or sour cream, just a light citrus vinaigrette. Feel free to vary the type of cabbage or use a combo of red and green.

INGREDIENTS

1 green cabbage, finely shredded
1/2 small red onion, very thinly sliced
1 bunch cilantro, coarsely chopped
1 jalapeño pepper diced, seeds removed (optional)
2 T mild oil
Juice and zest of one lime
2-3 T red wine vinegar
Salt to taste

INSTRUCTIONS

Combine shredded cabbage, onion, cilantro and jalapeño in a large bowl. Combine oil, lime zest and juice, vinegar and salt and mix to make a dressing. Pour over the veggies, mixing well. Let sit for up to an hour before serving to let the flavors meld together. Adjust seasoning, adding more salt or acid as necessary before serving. Serve cold or at room temperature.