



# CABBAGE

Cabbage is in season from July through October.

## Tips for selecting cabbage

Select well-formed heads with even color. Leaves should be compact and smooth. A good head of cabbage is heavy for its size. Do not choose cabbage that is wilted, discolored, or has a cracked head.

## Storage

Cabbage can be kept in a plastic bag in the refrigerator for up to two weeks. Cut cabbage should be wrapped tightly with plastic and used within two days.

## Preparation

Wash thoroughly with cold water. Cut into quarters and remove the stalk. Cabbage can be used raw in salads, cooked as a side dish, and added to soups or stews. Cabbage leaves are also used to wrap meat or vegetable fillings.

## Steam

Steam the head over water in a large saucepan for approximately 8 to 10 minutes or until the leaves peel away easily.

## Key nutrients

- Fiber to prevent constipation
- Potassium to maintain normal blood pressure
- Vitamin C for healthy gums, skin, and blood

## Recipes

### Braised cabbage

1½ pounds cabbage, shredded

3 carrots, grated

3 tablespoons butter

Salt and pepper to taste

In a skillet heat butter until foamy.

Add green cabbage and carrots. Sauté over high heat until tender but crisp, about 4 minutes. Add salt and pepper to taste. Serves 6; 95 Cal, 6 g fat.

### Sweet and sour cabbage

3 pounds red cabbage, shredded

4 minced garlic cloves

¼ cup vegetable oil

⅓ cup cider vinegar

⅓ cup soy sauce

3 tablespoons honey

1 teaspoon ground ginger

½ teaspoon pepper

Preheat oven to 350°F. On the stovetop, sauté cabbage and garlic for 3 to 4 minutes, stirring well. Add remaining ingredients and combine thoroughly. Transfer to a baking dish and bake for 40 to 60 minutes or until tender. Serves 8; 140 Cal; 7 g fat.



Extension

UNIVERSITY OF WISCONSIN-MADISON

Copyright © 2019 by the Board of Regents of the University of Wisconsin System doing business as the University of Wisconsin-Madison Division of Extension. All rights reserved. Brought to you by Sherry Tanumihardjo and Jennifer Keeley. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements. This publication is available from your Wisconsin county Extension office ([counties.extension.wisc.edu](http://counties.extension.wisc.edu)) or from Extension Publishing ([learningstore.extension.wisc.edu](http://learningstore.extension.wisc.edu)).

Healthy Seasonal Produce: Cabbage (B4166-08)

R-03-2019