Cabbage

Introduction
Cabbage is a member of the Brassica family. It is a hardy, leafy vegetable, and it is high in vitamin C and fiber. There are hundreds of varieties of cabbage, but the most popular in the U.S. are green cabbage and bok choy.

Preservation
Storing:
- Store unwashed, dry cabbage in the refrigerator, loosely wrapped in plastic or a perforated bag.

Freezing:
- Wash cabbage heads. Soak for 1/2 hour in solution with 1-3 tbsp of salt per gallon of water, then rinse and remove yellow, outer leaves. Cut cabbage into quarters or wedges or separate leaves.
- Bring a large pot of water to a roiling boil. Blanch cabbage by boiling in water for 90 seconds and then placing in an ice bath until completely cooled.
- Pack cabbage into airtight freezer bags or containers.

Pickling:
- 2 lbs cabbage, cored and shredded
- 11/2 cups white wine vinegar
- 5 cups bell peppers, cut into thin strips
- 1/2 tsp red pepper flakes
- 1/4 cup pickling salt
- 4 tsp mustard seeds
- 6 garlic cloves, minced
- 1 cup sugar
- 1 cup sugar

In a large bowl, toss the cabbage and peppers with salt. Cover and let stand in a cool place for 8-12 hours.
- In a saucepan, combine the sugar and vinegar. Bring to a boil, then let it cool.
- Rinse the cabbage and drain well. Toss with the pepper flakes, mustard seeds and garlic. Firmly pack the vegetable mixture into 4 pint-sized jars and pour the vinegar mixture over the vegetables. Close the jars with hot two-piece caps and process for 20 minutes in a boiling water bath.
- Store jars in a cool, dry, dark place for 3 weeks before eating.

Nutritional Benefits
Cabbage

<table>
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<tr>
<th>Source</th>
<th>Rating</th>
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<tr>
<td>Vitamins</td>
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<tr>
<td>Minerals</td>
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<tr>
<td>Fiber</td>
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<table>
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<tr>
<th>Vegetable state</th>
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<tbody>
<tr>
<td>Raw</td>
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</tr>
<tr>
<td>Frozen</td>
<td>1 year</td>
</tr>
<tr>
<td>Pickled</td>
<td>6 months</td>
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</table>
Cabbage

Recipe 1: Saurekraut

Ingredients
- 1 medium head of cabbage
- 1-3 tbsp salt

Directions
- Chop or shred cabbage and sprinkle with salt
- Knead the cabbage or for 10 minutes, or until there is enough liquid to cover it.
- Pack the cabbage into a 1-quart jar. If necessary, add water to cover the cabbage completely.
- Cover the jar with a lid and allow to culture at room temperature for at least 2 weeks (if using a tight lid, burp daily to release excess pressure).
- Once finished, put a tight lid on the jar and move to cold storage.

Recipe 2: Sautéed Cabbage

Ingredients
- 1 head cabbage (or 2 1/2 pounds)
- 2 tbsp unsalted butter
- 1 1/2 tsp salt
- 1/2 tsp black pepper

Directions
- Cut the cabbage in half. With the cut-side down, slice it as thinly as possible around the core and discard the core.
- Melt butter in a large sauce pan over medium-high heat. Add the cabbage, salt, and pepper and sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season with salt and pepper, to taste, and serve warm.

Prepare cabbage like this:

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<td>Fried</td>
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Try cabbage in:

- Salads
- Soups
- Slaws
- Sandwiches
- Casseroles
- Pasta