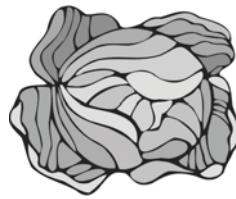




# Cabbage



**Fun Facts:** Cabbage is the ninth most frequently eaten vegetable in the U.S. The top of a green cabbage head is more tender and shreds easier than the bottom half. Most cabbage has smooth leaves, but Savoy cabbage leaves are crinkly. Savoy cabbage is more tender and milder in flavor than green or red cabbage. It may be substituted for either of them in a recipe. Bok choy, napa and pe-tsai cabbage form oblong-shaped heads that have a crisp texture similar to lettuce yet have the flavor of cabbage. Cabbage family vegetables are called cruciferous vegetables. Sulfur contributes to the distinctive flavor and smell of cabbage. Sauerkraut and kimchee are pickled cabbage dishes.

**Selecting Fresh Cabbage:** Look for green or red/purple cabbage heads that are solid, heavy, tight and firm, with outer leaves that are smooth and fresh. With Savoy cabbage, look for flexible, crumpled, dark green or blue/green leaves forming a loosely-packed head. Avoid cabbage that is wilted, discolored, blemished, cracked or split, insect-infested or decayed.

## Measuring Fresh Cabbage:

1 medium head green cabbage = about 2 pounds as purchased = about 8 cups ready-to-eat, raw, shredded = about 4 cups cooked, shredded

1 cup raw or 1/2 cup cooked = about 2 1/2 ounces by weight = 75 grams



**Handling and Preserving:** Refrigerate unwashed, uncut cabbage in a perforated plastic bag in the vegetable drawer. Store Savoy and green or red cabbage that will be eaten raw for up to 4 days, and green or red cabbage that will be eaten cooked for up to 4 weeks. **To freeze:** Rinse the head and discard outer leaves. Shred, cut into thin wedges, or separate the layers of leaves. Place in boiling water for 1 1/2 to 3 minutes, depending on the size of the pieces. Remove immediately and place in ice water for 1 1/2 to 3 minutes. Drain. Place in freezer bags, squeeze out the air, seal, date and freeze.

**Preparation and Serving:** Rinse cabbage. Discard the outer leaves. For best results, use stainless steel knives and pans when preparing cabbage. Cook by boiling, steaming, stir-frying or microwaving it, but do not overcook. Cook red cabbage with an acidic ingredient, such as vinegar, to prevent undesirable color changes.

**Nutrition Facts** One serving = 1 cup raw, or 1/2 cup cooked, shredded cabbage and has: Calories 17; Protein 1 gram; Carbohydrates 4 grams; Fat 0 grams. Cabbage provides vitamins C and K, B vitamins and essential minerals, and helps protect against heart disease and cancer.

**References:** [www.urbanext.uiuc.edu/veggies](http://www.urbanext.uiuc.edu/veggies); [www.fda.gov/fdac/special/foodlabel/raw.html](http://www.fda.gov/fdac/special/foodlabel/raw.html); ESHA Food Processor; Food for Fifty, 11<sup>th</sup> edition, 2001, by M. Molt, Prentice Hall; [www.msue.msu.edu/imp/mod01/01600060.html](http://www.msue.msu.edu/imp/mod01/01600060.html)

Prepared by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Assistant Professor, Department of Human Nutrition. Nov. 2003.

**Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, Kansas.**

Contents of this publication may be reproduced for educational purposes. All other rights reserved. For more information about healthy eating, contact your local extension office. Kansas State University is an equal opportunity provider & employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. **The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.**