

Cabbage



SEASONALITY



NUTRITIONAL PROPERTIES

Cabbage is a versatile and nutritious vegetable. It's a low calorie, high nutrient food. Cabbage is rich in vitamin K, vitamin C, folate, manganese, vitamin B6, calcium, potassium, and magnesium. Cabbage is a great source of fiber.

STORAGE

Store in a the refrigerator in plastic bag. Cabbage does best in the crisper drawer. It can last 3-5 weeks when harvested fresh and stored properly.

PRESERVATION

Cabbage can be dehydrated or frozen. Cabbage is often fermented to preserve. Kimchi or sauerkraut are good options.

HOW TO PREPARE CABBAGE

1. Quarter the cabbage.
2. Remove the core of the cabbage with a knife.
3. Cut the cabbage into a slaw.
4. Heat a skillet to medium high heat with a tablespoon of oil.
5. Add cabbage to the hot pan, stirring occasionally.
6. Sauté for 10-15 minutes until cabbage is wilted and tender.

Cabbage can be added to stir fries and fall salads.

RECIPES FROM HOFFA

with cabbage

- Classic coleslaw
- Vegetable Stir Fry

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OR SCAN CODE TO FIND OUR RECIPES

