

Nutrition Facts:

- Cabbage is high in fiber for **healthy digestion**.
- It is a good source of Vitamin C, Iron and Calcium for **strong bones**.
- A half-cup of raw cabbage has 10 calories, no fat and no cholesterol.

Types of Cabbage:

- **Green** cabbage can be used in salads, slaws and stir-fries.
- **Savoy** cabbage is also known as curly cabbage.
- **Napa** cabbage is sometimes called Chinese cabbage or celery cabbage.
- **Bok Choy** has distinct leaves growing from a central stalk. It looks a fair amount like Swiss chard but with pale green stalks and leaves.
- **Brussels Sprouts** don't just look like tiny cabbages, they are!

CABBAGE



Green Cabbage



Savoy Cabbage



Napa Cabbage

Green, Red, Savoy, Napa, Bok Choy and Brussels Sprouts are all varieties of cabbage.



Baby Bok Choy

Fun Facts!

- Like broccoli, cauliflower, collards and kale, cabbage is a cruciferous vegetable.
- It can be used cooked or raw in dishes from corned beef and cabbage, soups & stews, to cold dishes such as coleslaw and salads.
- Another popular use of cabbage is to allow it to ferment to produce sauerkraut or Korean kim chi.
- Cabbage is bright and crisp when raw and mellows and sweetens the longer it's cooked.
- During games, legendary baseball player Babe Ruth wore a cabbage leaf under his cap to keep cool. He put in a fresh leaf every two innings.



How To Prepare CABBAGE

HOW TO:

STORE: Keep cabbages uncut in the refrigerator, loosely wrapped in plastic. They will last up to two weeks.

CLEAN: Instead of washing, you can just remove and discard the first layer of tougher, dirty leaves. Bunched cabbage, like Napa and bok choy, can be cut or leaves separated and rinsed clean.

PREPARE: Cut out and discard the tough core of head cabbage. The easiest way to do this is to halve or quarter the cabbage first and then cut out the core. Chop or slice leaves, as you like.



Tips for Using Cabbage

- When cooking red cabbage, prevent the color from running by adding some vinegar or lemon juice to the cooking water.
- To add a different flavor to your sandwich, add shredded cabbage instead of lettuce.
- Add a little red cabbage in with green cabbage to give more color to the salad.
- When cooking cabbage, place only ½ to ¾ inch of water in the pan. Too much water will cause the cabbage's color to fade, nutrients and flavor to be lost, and the cabbage to become soggy and limp.

Butter Braised Cabbage

Ingredients:

- 1 small head Savoy or Green Cabbage
- 3 tablespoons butter
- Salt to taste



1. Cut cabbage in quarters, cut out and discard core, and chop cabbage into bite-size pieces.
2. Melt butter in a large frying pan or sauté pan over medium-high heat.
3. Add cabbage, sprinkle with salt, and add 3 tablespoons water. Stir to combine. Cover, reduce heat to medium-low, and cook until cabbage is very tender and liquid is absorbed.
4. Season to taste with salt and serve hot or warm.

Serves 3-4

Prepared by Hopelink
Volunteers

References:

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