

CABBAGE

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**GREATER
CHICAGO**
- **FOOD** -
DEPOSITORY.

CHARACTERISTICS

- There are many types of cabbage including Green, Red, Savoy, Napa and Bok Choy.
- Select cabbage that is bright in color without damage to inner leaves.
- 1 cup of chopped raw cabbage contains:
 - 85% of your of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.
 - 54% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.



PREPARE

Remove the outer leaves. Cut the cabbage in half lengthwise. Then, cut each “half” in half lengthwise again. Now you have 4 quarters. Place the flat side down, you should be able to see the core near the base stem. Using a knife, slice the core out from top to the bottom at a diagonal inward angle.

Try cabbage:

- *Stir-fried* with other vegetables
- *Steamed*
- *Raw* as part of a salad or slaw
- *Grilled* in wedges

STORE

- Store cabbage for up to 2 months in the refrigerator.
- To freeze raw cabbage: Cut into wedges and freeze raw.
- To freeze cooked cabbage: Cut into wedges, cook for 2 minutes in boiling water, chill in ice water, dry and freeze.