



CABBAGE

AT HOME

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods. Learn more at: www.nhharvestofthemonth.org

Kid-Friendly Eating Tips

- Add cabbage to your favorite vegetable soup.
- Add raw cabbage to any salad.
- Shred cabbage into dishes such as stews or curries.
- Sauté cabbage with onion and add to pasta.
- Use cabbage leaves as a wrap substitute.

Storage Tips

- Cabbage will keep for about two weeks, if kept in the vegetable drawer of a refrigerator.
- Once cabbage is cut, wrap tightly in plastic for storage.
- Cabbage can be frozen after being blanched—1 minute for shredded and 2 minutes for wedges.

Tidbit

Cabbage is a leafy vegetable that varies in color from yellow-green to red-purple. It is a wonderfully neutral vegetable, so it can be used in a wide array of dishes, raw, cooked, or fermented.

Cooking Tips

- Peel off any outer leaves that are damaged and check for cabbage worms. If the cabbage is insect free, it can be washed under running water.
- To rid cabbage of insects, soak in salt water for 15-20 minutes.
- When cooking, use very little water, about $\frac{3}{4}$ inch. Once the water is boiling, add the cabbage and cook briefly, as it easily overcooks.

RECIPES

Cabbage & Noodles

Yield: 6 servings

Ingredients:

- ¼ cup vegetable oil
- 1½ cups coarsely chopped onion (about 2 medium-sized onions)
- 4 cups thickly shredded cabbage (about ½ of a medium-sized head)
- 8 ounces bowtie noodles, prepared according to package directions
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. In a large skillet, heat oil over medium-high heat; saute onions and cabbage until very soft and light brown.
2. Add remaining ingredients and cook 7 to 10 minutes, or until heated through. Serve immediately.

Braised Cabbage with Bacon

Yield: 4 servings

Ingredients:

- 1 lb cabbage (~1 head)
- ¼ stick butter (6 Tbsp.)
- ½ cup water
- salt and pepper, to taste
- optional: add any favorite herbs and/or spices
- optional: add bacon or ham

Directions:

1. Slice the cabbage into half-inch-wide ribbons and place it into a wide pan with the water.
2. Cook, covered, over medium heat until the cabbage is tender, approximately 10 minutes.
3. Drain the cabbage and toss it with the salt and butter.

Source: Vegetable Literacy