



BC ASSOCIATION OF FARMERS' MARKETS

Farmers Market Nutrition Coupon Program

Resource Sheet - Cabbage

Cabbage is a versatile vegetable and can be purchased locally from August to January. Cabbage is a member of the *Brassica* family, which includes kale, collard greens, Brussels sprouts, broccoli, cauliflower, bok choy, turnip and kohlrabi. Cabbage is a good source of vitamin C and dietary fibre.

Cabbage Facts:

- Cabbage comes in many varieties, shapes and colours.
- Common cabbage comes in green, white or red. The head is tightly wrapped with waxy leaves.
- Savoy and Chinese (Napa) cabbage has a delicate flavour, has loose, soft, crinkly leaves, and comes in a dark or pale green colour. Its leaves are perfect for stuffing.
- Choose cabbages with bright and crisp leaves with no brown or damaged patches. Green and red cabbage heads should be firm and heavy for their size. Leaves should be thick and pliable and not limp.
- If using red cabbage in a salad, add a dash of lemon juice, vinegar or wine to maintain the colour, otherwise it may turn blue.
- Red cabbage will take a slightly longer time to cook than green cabbage.
- Store cabbage wrapped in plastic for 5-10 days in the refrigerator crisper.
- When cooked, cabbage can give off a sulfurous smell.

Cabbage can be eaten raw or cooked and used in:

- Soups.
- Sauerkraut (sour cabbage) salted and fermented.
- Cabbage rolls (leaves are stuffed with beef or pork, rice and raisins).
- Grated raw for a salad (coleslaw).

To Prepare Cabbage:

Cut off stalk and discard any damaged outer leaves. Slice cabbage in half or into quarters and rinse well under water. Cut off cone-shaped inside core. Cook using any of the suggested methods below. Cook until just done, do not overcook or cabbage will become soggy.

To Steam

Peel leaves off cabbage and tear into bite size pieces. Bring a pot of water to a boil. Fill a steamer basket with cabbage leaves and place on top of boiling water. Cover with a lid and steam for 3-4 minutes. Season with salt and pepper or with a little lemon juice.

To Boil

Peel off cabbage leaves and tear into bite size pieces. Bring water to a boil in a pot with a little salt. Add cabbage leaves and boil 5-7 minutes. Drain and serve with a drizzle of butter or Parmesan cheese.

To Microwave

Shred cabbage by thinly slicing and place in a microwave safe pan with 2 tablespoons of water. Cover and cook on a high heat for 6 minutes. Check to see if tender. If not, cook further in 2-minute intervals.

Cabbage Recipe:

Cabbage Roll Casserole

Serve with boiled new potatoes and a green salad

- 2 teaspoons canola oil
- 2 small onions, chopped
- 1 clove garlic minced
- 1 pound ground beef
- 1 – 28 fl oz can chopped tomatoes with juices
- 1 - 5.5 fl oz can tomato paste
- 1 teaspoon Worcestershire sauce
- 1 bay leaf
- 1 cup cooked rice
- 1 tablespoon brown sugar
- Salt and pepper to taste
- 4 cups shredded cabbage

Preheat oven to 350 degrees F. In a large pot, heat 2 teaspoons of oil over medium high heat. Sauté onions and garlic until soft, about 3-4 minutes. Turn up heat to high; add ground beef and sauté until no longer pink about 3-4 minutes. Add tomatoes and their juices, tomato paste, Worcestershire sauce, bay leaf, cooked rice and brown sugar. Simmer on stove for 5-10 minutes. Season with salt and pepper. In a 9 x 13 x 2 inch dish spread half the cabbage. Spread half the meat mixture on top. Then add remaining cabbage and top with remaining meat. Cover with tin foil and bake in oven for 50 minutes. Can be made a day ahead. Serves 6.



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Facilitator Tips - Cabbage

Start a conversation and add excitement about cabbage by asking some of the following questions:

- Who likes cabbage? How often do you eat cabbage?
- Did you know that cabbage comes in different colours? Green, white, red.
- Cabbage comes in many varieties, shapes and colours. Savoy and Chinese (Napa Cabbage) has a delicate flavor, loose, soft crinkly leaves, and comes in a dark or pale green colour. Their leaves are perfect for stuffing. (If possible purchase a common cabbage, Savoy and/or Napa cabbage to show the different varieties.)

Savoy
Cabbage



Napa
Cabbage



- How do you like to eat cabbage? Raw or cooked?
- What is your favourite way of preparing cabbage? Soup, coleslaw, casserole?
- Does anyone have a favourite cabbage recipe they can share with us?
- Does anyone know how to choose a cabbage? They should be firm and heavy for their size. Leaves should be thick and pliable, not limp.
- Has anyone smelt a sulfurous smell when cooking cabbage?
- Does anyone grow cabbage? If so, do you have any tricks to share on how to grow cabbage?

Cabbage demonstration

Demonstrate how to shred a cabbage for coleslaw. Using a common green cabbage, cut off stalk and discard any damaged outer leaves. Slice cabbage in half and rinse well under water. Cut off cone-shaped inside core. Place cabbage on cutting surface and thinly slice.

If time allows, break the group into three and have the groups prepare the cabbage in the following three methods and then sample the cabbage. As a door prize, have everyone place his or her name in a jar and the lucky winner wins a head of cabbage.

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To Steam:

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To Boil:

Peel off cabbage leaves and tear into bite size pieces. Bring water to a boil in a pot with a little salt. Add cabbage leaves and boil 5-7 minutes. Drain and serve with a drizzle of butter or Parmesan cheese.

To Microwave:

Shred cabbage by thinly slicing and place in a microwave safe pan with 2 tablespoons of water. Cover and cook on a high heat for 6 minutes. Check to see if tender. If not, cook further in 2minute intervals. Season with salt and pepper.

Ingredients and equipment needed:

- 3-4 cabbages (common green and red cabbage and if possible savoy and Napa cabbage)
- 2 cutting boards
- 2 large knives
- salt and pepper
- 1 lemon
- ¼ cup butter or Parmesan cheese