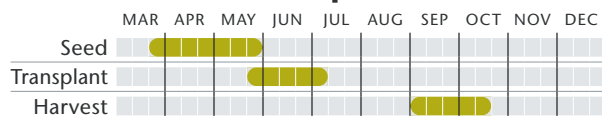


## All About Cabbage

### Seasonal Crop Growth



Adapted from WSU Extension Publication EM057E.

### Nutrient Power Pack

Cabbage contains key nutrients that benefit your health. ½ cup provides the following Daily Value (%DV).

**Vitamin A** ▶

Less than 2 %

More than 20 %

◀ **Vitamin C**

**Folate** ▶

2–9 %

2–9 %

◀ **Potassium**

**Calcium** ▶

2–9 %

Less than 2 %

◀ **Iron**

**Fiber** ▶

2–9 %

More than 20 %

◀ **Vitamin K**

ESHA Food Processor 11.2.23; database V 11.2.0 (2016);  
FDA Guidance for Industry Food Labeling Guide (2013)

### Did You Know?

- \* Vegetables in the cabbage family are excellent sources of **vitamin C**, **vitamin K** and good sources of **fiber**. They can reduce the risk of cancer.
- \* Vitamin C helps to maintain **healthy gums**, **skin** and **blood**. Vitamin K contributes to **bone** and **blood health**.
- \* When not heat-treated, fermented cabbage foods like sauerkraut and kimchi contain **microbiotics** that **promote health**.

Distributed by

More brochures to help you add fruits and vegetables to your diet are available at [wasnap-ed.org/FFF](http://wasnap-ed.org/FFF).



**SNAP-Ed**

WASHINGTON STATE UNIVERSITY  
EXTENSION

Adapted from the WIC and Senior Farmers Market Nutrition Program *Fresh from the Farm* series (2004) by Washington State University's SNAP-Ed Nutrition Education Program. Design by Andrew Mack. Cover photo by Kathleen Manenica.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, visit <http://foodhelp.wa.gov> or contact the Basic Food Program at 1-877-501-2233.

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CABBAGE



## Selecting and Preparing Cabbage



- ☞ Choose firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.
- ☞ The leaves should be compact and smooth for green or red cabbages. For Savoy cabbage, look for crinkly leaves that are packed more loosely.
- ☞ Store cabbage in the refrigerator and use within 2 weeks.
- ☞ Wash well and remove any leaves that appear wilted or mildewed before using.
- ☞ Green, red, Chinese and Savoy cabbage add great flavor and crunch to salads or slaws.
- ☞ All cabbages are easily steamed, stir-fried or boiled. Slices or wedges cook in about 6 to 12 minutes.
- ☞ Chopped or sliced cabbage can add flavor and texture to soups and stews.

## Simple Vegetable Soup

Makes 4 servings

3 cubes low-sodium bouillon  
1 cup chopped tomatoes  
1 cup chopped cabbage  
1 cup canned\* white beans, drained  
1 small turnip or potato, diced  
½ cup diced carrot  
½ cup diced onion  
1 tablespoon flour  
½ cup low-fat milk

- 1 In a soup pot, dissolve bouillon in 4 cups of water and bring to a boil.
- 2 Add vegetables. Cook on medium-low heat until vegetables are tender, about 30 to 40 minutes.
- 3 Stir flour into the milk, and pour into soup. Stir to combine. Cook 2 to 3 minutes, until soup thickens.
- 4 Season with salt and pepper to taste. Serve hot.

*\*Note: Use fresh cooked, dried beans to lower sodium and save money.*

## Chicken & Cabbage Stir-Fry

Makes 2-3 servings

1 chicken breast, skinned and boned  
1 teaspoon oil  
1½ cups sliced cabbage  
1 to 2 teaspoons cornstarch  
¼ teaspoon ground ginger  
⅛ teaspoon garlic powder  
¼ cup water  
1 to 2 teaspoons soy sauce

- 1 Cut chicken breast into strips.
- 2 Add oil to pan and sauté chicken over medium heat, turning constantly until lightly browned.
- 3 Add cabbage. Cook 2 minutes until cabbage is tender crisp.
- 4 In a bowl, mix cornstarch and seasonings. Add water and soy sauce, and mix until smooth.
- 5 Pour seasoning mixture over chicken. Stir gently to coat all pieces. Remove from heat once sauce has thickened, and serve hot.

## Cabbage Apple Slaw

Makes 4 servings

2 cups shredded cabbage  
1 medium carrot, peeled and grated  
½ green bell pepper, diced  
1 apple, diced  
5 tablespoons plain, low-fat yogurt  
1 tablespoon low- or non-fat mayonnaise  
1 teaspoon lemon juice  
¼ teaspoon celery seed  
⅛ teaspoon black pepper

- 1 Put cabbage, carrot, bell pepper and apple in a large mixing bowl. Stir together.
- 2 Combine yogurt, mayonnaise, lemon juice and celery seed in a small bowl. Stir together to make a dressing.
- 3 Pour the dressing over the salad. Toss to mix. Season with pepper to taste.