

# Cabbage



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## Interesting Facts:

- Cruciferous vegetable that belongs to the Brassica family
- Comes in white, green, or purple/red
- Closely related to broccoli, cauliflower, and brussel sprouts

## Nutrition Facts:

Cabbage is high in:

- Vitamin A
- Vitamin C
- Vitamin K
- Fiber
- Calcium
- Magnesium
- Potassium

## Health Benefits of Cabbage



- Antioxidant = protects against free radicals and enhances brain function
- Sulforaphane and Glutamine = reduces inflammation, irritation, allergies, joint pain, and skin disorders
- Glucosinolates = anti carcinogenic properties (cancer fighting/preventing)
- Fiber = treats constipation by retaining water and adding bulk to the stool.
- Polyphenols = lowers LDL cholesterol levels
- Beta-carotene = protects eye health/prevents cataract
- Potassium = lowers blood pressure

## How to Prepare Cabbage



### Washing and cutting:

- Remove the thick outer leaves
- Cut cabbage into pieces and rinse
- If there is sign of insects, soak in salt water or vinegar for 15min
- To preserve Vitamin C content, cut right before cooking or eating
- Phytonutrients react negatively with carbon steel, so use a stainless steel knife when cutting (could turn black)
- Can be cut into slices, grated, or shredded



### Cooking methods:

Steaming has been proven the best way to cook cabbage in order to preserve all cancer fighting compounds.



### Usage:

- Fermenting = saurkraut or kimchi
- Raw = salad and coleslaw
- Replace taco shells
- Soups
- Stir-fry
- Stuffed and baked

## How to Store Cabbage



### Proper storage:

- Keep outer leaves intact- outer leaves protect inner more tender leaves, especially from loss of moisture
- Do not wash until ready to eat/cook
- Wrap in a plastic bag and store in a hydrator drawer
- Tightly wrap if cabbage head has been cut in half, and minimize bruising - cell damage degrades Vitamin C content more quickly
- Refrigerator - will last 3 weeks-2 months, if stored properly
- Root Cellar - if root cellar is in good condition, will last longer than 2 months

  @thewildharvest

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#### Information cited:

<https://cedarcirclefarm.org/tips/entry/cabbage-using-storing>

<http://www.whfoods.com/genpage.php?tname=whfkitqa&dbid=65>

<https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-cabbage.html>