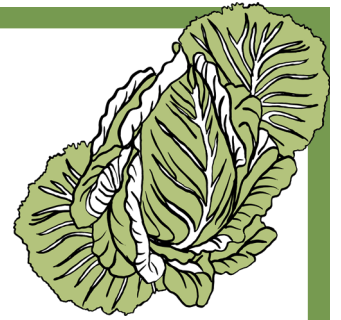


Veggie of the Month

- *February* -

Cabbage



About

The big, leafy heads of cabbage have been incorporated into cuisines all around the world for centuries. Because the crop is in season from late fall through winter, cabbage has long been an inexpensive way to get key nutrients during the colder months, particularly in countries like Russia, Poland and Ireland. The vegetable can be fermented to make the German sauerkraut or the Korean kimchi, or eaten steamed or fresh in a variety of dishes. Although there are over 400 cabbage varieties available, the three most familiar to us are the green, red, and Savoy. Green cabbage is the most popular variety, and Savoy cabbage is softer and wonderful for salads.

Did You Know?

Although China is the world's biggest producer of cabbage, Russia is the world's biggest consumer, with an annual per capita consumption at 20 kilograms (44 lb).

Cabbage has been used in herbal medicine throughout the world for centuries, from Ancient Egypt and Greece to England during WWI and the modern US.



Shopper's Tips



Buy cabbage whole and look for firm, shiny heads with crisp, colorful leaves.

When ready to eat, remove the thick outer leaves and cut the cabbage into smaller pieces and wash very well under cold running water.

Keep cabbage in an airtight plastic bag in the crisper section of your fridge for up to 2 weeks, or a few days once cut.

Nutrition Highlights

- Cabbage is a low-calorie veggie that is an excellent source of vitamins C and K and a good source of vitamin B6 and folate.
- Red cabbage contains more than twice as much vitamin C as green cabbage, as well as anthocyanins, which have been shown in some studies to have cancer-preventing properties.

Try This!

- Try a take on the Irish *colcannon* by baking shredded cabbage and diced potatoes with butter, flour, milk and apple cider vinegar for a creamy, tart dish.
- Make a fresh “confetti slaw” by mixing chopped cabbage of different colors with a tasty poppy seed dressing.
- Cabbage pairs excellently with pork like bacon and sausage in side dishes or main courses. Trying braising with Worcestershire sauce and chopped bacon!
- Craving Indian? Cook coconut cabbage with chiles and green peas for a flavorful, low-calorie dish.



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