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Using Storing and Preserving Summer Squash
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USING, STORING AND PRESERVING

CABBAGE

Michigan-grown cabbage is available September through March.

NUTRITION INFORMATION

One cup of raw shredded cabbage has:
• 18 Calories
• 0 grams fat.
• 2 grams fiber.

Cabbage is a good source of vitamin A and high in vitamin C. A food is a good source of a nutrient if it provides 10 to 19 percent of the Daily Value for that nutrient. It is high in a nutrient if it provides 20 percent or more of that nutrient.

Nutrient information is based on the USDA nutrient composition database.

HOW TO STORE

Remove any outside “wrapper” leaves that are fringed or wilted or have insect damage.
Put the cabbage in a plastic bag or wrap it in plastic wrap.
Store in the refrigerator, preferably in the vegetable crisper drawer. It will stay fresh for several weeks.

FOOD SAFETY TIPS

Keep cabbage away from raw meat so that meat juices do not contaminate it.
Cut out core of cabbage with a sharp knife and rinse leaves with cool running water before preparing it. Drain thoroughly.

COMMON CABBAGE TYPES

Green cabbage is a ball of thick, light green leaves.
Red cabbage is a ball of thick, red leaves.
Chinese cabbages, such as savoy, napa and bok choy, have thinner leaves and are delicious in stir fry dishes.
CABBAGE

To microwave
Wash and cut 1/2 head of cabbage into wedges (or 5 cups shredded cabbage). Put cabbage into a 2-quart microwave-safe baking dish. Add 2 tablespoons of water. Cover and cook on high for 8 to 12 minutes, or until tender, stirring after 4 minutes. Let stand covered for 2 minutes before serving.

Note: Microwave cooking times are provided as a guide. Cooking times vary because of differences in microwave ovens. Check product often for desired doneness.

In a large covered non-stick skillet, cook cabbage, apple, potato and onion in water over low heat for 15 minutes. Stir occasionally. Add remaining ingredients. Cover and cook over low heat 10 minutes longer, until vegetables are tender and mixture slightly thickens. Stir often. Makes 6 (3/4 cup) servings.

This is an official 5 A Day recipe.

Nutritional analysis per serving: 86 Calories; 0.5 g. fat; 0 mg. cholesterol; 4 g. fiber; 28 mg. sodium.

RECIPIES

Apple-Cabbage Slaw
3 cups cabbage, washed and shredded
2 cups Red Delicious apples, unpeeled, scrubbed, cored and chopped
1 cup celery, washed and sliced diagonally
1/2 cup onion, peeled and sliced into thin rings (optional)

Pineapple Yogurt Dressing
1/3 cup low-fat yogurt
2 tablespoons pineapple juice
1/4 teaspoon prepared mustard
1/8 teaspoon celery seed

Combine cabbage, apples, celery, and onions. In a separate bowl, combine ingredients for pineapple yogurt dressing and mix. Gently toss pineapple yogurt dressing with apple-cabbage mixture. Makes 6 (1/2 cup) servings.

This is an official 5 A Day recipe. Official recipes of the 5 A Day program meet specific criteria developed by the Produce for Better Health Foundation in cooperation with the National Cancer Institute.

Nutritional analysis per serving: 49 Calories; 0.5 gram (g.) fat; 1 milligram (mg.) cholesterol; 2 g. fiber; 36 mg. sodium.

Sweet & Sour Red Cabbage
1 small head red cabbage (1 pound), washed and shredded
1 medium apple, unpeeled, scrubbed, cored and shredded
1 small potato, peeled and shredded
1 small onion, peeled and chopped
1 cup water
grated peel of 1/2 lemon
juice of 1 lemon
3 tablespoons brown sugar
1 tablespoon vinegar

HOW TO PRESERVE

Freezing cabbage is not recommended because it becomes limp and loses flavor. Cabbage, like many other strong-flavored vegetables usually discolors and grows stronger in flavor when canned. Therefore, canning is not recommended unless cabbage is made into sauerkraut or pickled first.

INFORMATION

For more information on food, food preservation, USDA-tested and approved canning recipes, nutrition and health, see <http://msue.msu.edu>.

Information in this bulletin is based on the USDA Canning Guide (September 1994); E-1704. Using and Storing Cabbage (Michigan State University Extension, 1985); and So Easy to Preserve (University of Georgia Cooperative Extension Service, 1993).