**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.

**YIELD**

<table>
<thead>
<tr>
<th>One pound</th>
<th>Half a medium head of cabbage.</th>
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<tbody>
<tr>
<td>5 cups</td>
<td>2 to 3 servings cooked cabbage. (shredded)</td>
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</table>

**FOOD SAFETY TIPS**

Purchase cabbage with leaves that are free of discolored veins or animal damage. The stem should not be dry. Bag separate from meat, poultry and seafood products.

Keep cabbage in the refrigerator, away from raw meat so that meat juices do not contaminate it.

Wash hands before and after handling fresh produce.

Cut out core of cabbage with a sharp knife and rinse leaves with cool running water before preparing. Do not use soap or detergent.

**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.

**QUICK AND EASY SERVING TIPS**

Add shredded cabbage to tossed salads

Combine shredded salad, shredded carrots and salad dressing to make coleslaw (Optional: add pineapple tidbits and/or raisins for a tropical version)

Add cabbage to soups or stews.

Serve boiled cabbage seasoned with lemon and pepper.

Combine shredded cabbage with other vegetables and stir fry until crisp tender.
**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 ½ cup onion, peeled and sliced into thin rings (optional)

**Pineapple Yogurt Dressing**  
1 1/3 cup low fat yogurt  
2 tablespoons pineapple juice  
1 ¼ teaspoon prepared mustard  
1 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 (½ cup) servings.

This is an official 5 A Day recipe. Nutritional analysis per serving: 49 Calories; 0.5 gram (g.) fat; 1 milligram (mg.) cholesterol; 2 g. fiber; 36 mg. sodium.

**Stir-Fry**

Wash and shred the cabbage. Heat 1 teaspoon oil per in a wok or frying pan. Add shredded cabbage to hot oil. Season with salt and pepper. Add soy sauce or fish sauce to taste instead of salt. Stir for for 4 to 5 minutes so it cooks quickly. One can add other vegetables (mushrooms, julienne cut carrots, broccoli and/or cauliflower florets, snow peas) and egg or rice noodles. Garnish with chopped green onions.

**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. Canning is not recommended unless the cabbage is first made into sauerkraut and pickled. Cabbage is commonly fermented into sauerkraut, or into kimchee, a Korean (napa) cabbage appetizer fermented following the same principles involved in sauerkraut fermentation.

**Table 1. Recommended process time for Sauerkraut in a boiling-water canner.**

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>0 - 1,000 ft</th>
<th>1,001 - 3,000 ft</th>
<th>3,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot Pints</td>
<td>10 min</td>
<td>15</td>
<td>15</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Quarts</td>
<td>15</td>
<td>20</td>
<td>20</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Raw Pints</td>
<td>20</td>
<td>25</td>
<td>30</td>
<td>35</td>
<td></td>
</tr>
<tr>
<td>Quarts</td>
<td>25</td>
<td>30</td>
<td>35</td>
<td>40</td>
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</tbody>
</table>

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

Food Domain Website
www.Fooddomain.msu.edu

National Center for Home Preservation
http://www.uga.edu/nchfp/how/can_06/sauerkraut.html

http://www.uga.edu/setp/

Safe Handling of Raw Produce and Fresh-Squeezed Fruit and Vegetable Juices
http://www.cfsan.fda.gov/~dms/prodsafe.html

This bulletin replaces E- 2660 Using, Storing and Preserving Series-Cabbage (Michigan State University Extension, 1990)