



Cabbage

Cabbage fits all seasons of recipes - spring through summer!



Nutrition

- Nutritionally, 1 cup of green cabbage contains around 20 calories, 5g carbohydrates, 2g fiber, and is a source of vitamins and minerals including vitamin K, folate (a B vitamin), magnesium, potassium, and phosphorus.
- On its own, cabbage is not a significant source of fat, protein, or sodium.



Price

- Fresh green cabbages average around \$0.60 per pound.
- Red/purple cabbages average \$1.00 per pound.

Source: U.S. Department of Agriculture, Fruit and Vegetable Prices



Shopping

- **Whole:** Look for whole heads of cabbage that are heavy for their size and firm. Avoid cabbages with obvious soft spots, discolored or wilted leaves, or mold.
- **Pre-cut:** Bags of pre-cut or pre-shredded cabbage - or coleslaw mix - are a great "healthy convenience" item to save prep time in the kitchen. Fresh sauerkraut is also available in bags. Check "use by" or "best by" dates on these packages for the freshest product.
- **Canned or jarred:** Also shop for canned or jarred cabbage, including plain, pickled, and sauerkraut styles.



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Storage

- Store whole, uncut heads of cabbage in the refrigerator for several weeks.
- Be aware that loose leaf cabbages, like bok choy, may only last a few days before their leaves wilt.
- If buying pre-cut cabbage in bags, refrigerate and use by the date on the package.
- Canned or jar cabbage can be stored at room temperature. Once opened, refrigerate any leftovers within 2 hours and use within a few days.



Preparation

- For fresh cabbage, remove outer leaves and rinse under cool water before cutting into the size for your recipe.
- **Preserve at Home**
 - Try it all: freeze, pickle, and ferment cabbage for longer shelf-life.
 - Visit the "National Center for Home Food Preservation" at nchfp.uga.edu for recipes and instructions.



Eat

- Cabbage can be served raw or cooked. Coleslaw and soups with cabbage are popular. Also try roasted cabbage or in stir-fry dishes.



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