
Selection

When choosing a head of cabbage make sure the heads are solid, glossy and light green in color. The stem ends should look healthy, trimmed and not dry or split.

Cabbage are vegetables which grow as leafy heads.

There are at least 100 types of cabbage grown in the world. The most common varieties in the U.S. are Green, Red and Savoy. Chinese varieties are Bok Choy and Napa.

Care and Storage

- ◆ Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- ◆ Washing fruits and vegetables under running water before eating, cutting, or cooking.
- ◆ Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.
- ◆ Store fruits in a crisper drawer separate from the one which stores vegetables.

Why Buy Local?

- ◆ When you spend money locally, it helps to keep small businesses open and builds up your community.
- ◆ You are making a healthy choice for you and your family.
- ◆ Farmers keep 100% of what you spend. Did you know that only about 5% of what you spend at a grocery store makes it back to the farmer? (WI Farmers Union)
- ◆ Local food tastes good!



FOR MORE INFORMATION...

Contact your local Extension office:

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Cabbage Repollo

Uses

Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved or stir-fried.

You can also add cabbage to pasta, soups or stews. Sauerkraut is fermented cabbage.



Snappy Cole Slaw

Nutrition Facts

- ♦ Fat free
- ♦ Cholesterol free
- ♦ Sodium free
- ♦ Rich in Vitamin C

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Try It!

Snappy Cole Slaw

INGREDIENTS

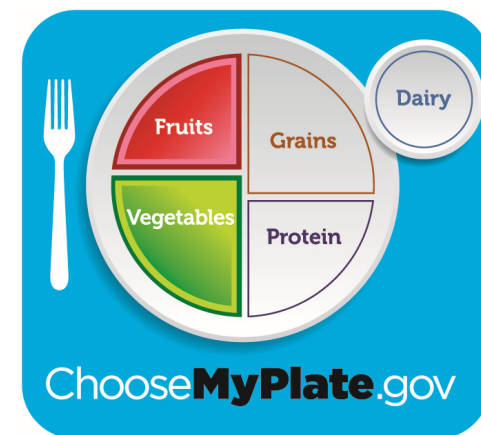
- | | |
|----------|---------------------|
| 2 cups | Cabbage |
| 1/4 cup | Apple cider vinegar |
| 1/4 cup | Water |
| 2 Tbsp. | Sugar |
| 1/2 tsp. | Mustard |
| 1/4 tsp. | Black pepper |

INSTRUCTIONS

1. Wash and shred cabbage with a knife of grater. Put in a mixing bowl.
2. Bring the vinegar and water to a boil in the saucepan. Remove from heat and add other ingredients except cabbage to the saucepan.
3. Continue to cook this mixture in the saucepan until the sugar is dissolved and hot, then pour over the shredded cabbage.
4. Toss.
5. Refrigerate until chilled to blend flavors. Keep refrigerated until serving.

Yield: 4 Servings

Recipe Source: <http://recipefinder.nal.usda.gov>



History & Fun Facts

Cabbage originated nearly 2,000 years ago in the Mediterranean region. Cabbage was introduced to America in 1541-1542 by French explorer Jacques Cartier, who planted it in Canada.

Cabbage is said to have been developed by long cultivation from the sea as it was found near various parts of the England seacoast.

Hard-headed cabbage is a new crop plant that was developed in northern Europe during the Middle Ages.