

### Give Your Family More of the Good Stuff!



**Extension Service** 



#### \$hop and \$ave

- Choose cabbage heads with firmly packed leaves that are crisp. Avoid cabbage with outer leaves that are soft, yellow, or brown.
- A good cabbage should feel heavy for its size.
- A bag of shredded cabbage will save you time, but usually costs you more than an uncut head and might not keep as long.

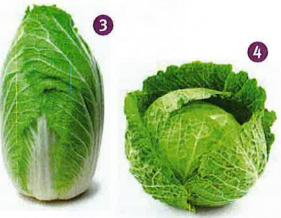
# How to Cut a Cabbage

- 1. Trim off the stem.
- 2. Remove any damaged leaves.
- 3. Rest cabbage on the stem, and cut from the top of the cabbage down through the stem. Then slice into shreds or wedges of the size needed.
- 4. Rinse in cool water and drain well.

#### Cabbage is an excellent source of vitamins C and K.

Cabbage Basics





## Common Types of Cabbage

- Green cabbage is commonly available and usually costs the least. It has smooth green leaves on the outside and becomes creamy white toward the center. The flavor is peppery when raw but becomes more sweet when cooked.
- 2. Red cabbage has reddish-purple leaves. The color turns redder with acidic ingredients like vinegar or lemon juice. When cooked, it tends to lose some of the color into the cooking water.
- 3. Napa cabbage (Chinese cabbage) has long oval leaves that are yellow-green. The flavor is mild and sweet.
- 4. Savoy cabbage is like green cabbage with crinkled leaves. The leaves are tender and have a mild flavor. Heads will feel lighter and softer because of the crinkled leaves.





- Cabbage can be stored whole, chopped or shredded.
- Whole cabbage can be refrigerated for 3 weeks to 2 months.
- Whole or cut (halves or quarters) should be tightly wrapped in plastic. Keeping the core in will help hold the cabbage together.
- Chopped or shredded cabbage is best used within 2 weeks.
- When you're ready to use whole cabbage, discard any wilted or brown outer leaves. The inner cabbage should still be good to use. If the entire cabbage is limp with discolored leaves or a sulfur odor, throw it away.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low Income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

