

CABBAGE CUISINE

GARDENING SEASON

July to October

CHOOSING TIPS

Select well-formed heads with even color. Leaves should be compact and smooth. A good head of cabbage is heavy for its size.

Do not choose cabbage:
That is wilted or discolored
With cracked heads

STORAGE

Cabbage can be kept in a plastic bag in the refrigerator for up to two weeks. Cut Cabbage should be wrapped tightly with plastic and should be used within two days.

PREPARATION

Wash thoroughly with cold water. Cut into quarters and remove the stalk. Cabbage can be used raw in salads, cooked as a side dish, and added to soups or stews. Cabbage leaves are also used to wrap meat or vegetable fillings.

To Steam:

Steam the head over water in a large saucepan for approximately 8 to 10 minutes or until the leaves peel away easily.



KEY NUTRIENTS

- Fiber to prevent constipation.
- Vitamin C for healthy gums, skin and blood.
- Potassium to maintain normal blood pressure.

RECIPES

Braised Cabbage

1 1/2 pounds cabbage, shredded
3 carrots, grated
3 tablespoons butter
Salt to taste
Pepper to taste



In a skillet heat butter until foamy. Add green cabbage and carrots. Sauté over high heat until tender but crisp, about 4 minutes. Add salt and pepper to taste. Serves 6; 95 Cal, 6g fat.

Sweet and Sour Cabbage

3 pounds red cabbage, shredded
4 minced garlic cloves
1/4 cup vegetable oil
1/3 cup cider vinegar
1/3 cup soy sauce
3 tablespoons honey
1 teaspoon ground ginger
1/2 teaspoon pepper

Preheat oven to 350°F. On the stovetop, sauté cabbage and garlic for 3 to 4 minutes, stirring well. Add remaining ingredients and combine thoroughly. Transfer to baking dish and bake for 40 to 60 minutes or until tender. Serves 8; 140 Cal; 7 g fat.



Brought to you by Sherry Tanumihardjo, UW-Extension, and Jennifer Keeley, Bureau of Aging and Long Term Care Resources, WI. **Wisconsin Nutrition Education Program • Family Living Programs • Cooperative Extension**
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Growing Cabbage in Wisconsin



Cabbage is one of many vegetables belonging to the mustard family grown in Wisconsin for fresh markets and home use. This broad group of plants which includes broccoli, cauliflower, cabbage, Brussels sprouts, kale, collards and kohlrabi are known as cole crops. Cabbage heads develop from leaves with short petioles and leaves that cup inward. Heads may be pointed, conical, oblong, round, or flattened.

Planting Cabbage and Cole Crops

- Initiate seeds in a greenhouse in mid-March
- Ten days prior to transplanting, move plants to a cold frame to harden them off
- Hardened plants will be able to withstand temperatures as low as 28°F
- Transplant in the garden around mid-May
- Mid- to late-season cole crops can be direct seeded into the garden
- Optimum temperature is 60° to 70°F.
- Select a sunny location
- Seeding depth: 1/2 inch deep
- Transplant depth: Place crown at soil surface
- Space between rows: 18 to 24 inches
- Space between plants: 12 to 18 inches

Soil and Fertility

- Sandy, clay, muck, or loamy soils are acceptable
- Follow soil test recommendations
- Ideal pH is 6.0 to 6.8 or 5.6 on muck soils

Soil and Fertility continued...

Under optimum soil test levels apply...

5.25 oz of nitrogen per 100 sq ft

0.9 oz of phosphate per 100 sq ft

4.5 oz of potassium per 100 sq ft

Cabbage needs relatively high amounts of boron. Boron deficiency causes water-soaked, brown heads.

Selecting Cabbage Varieties

Cabbage varieties are sorted by their use. Savoy, red, green, and pointed varieties are grown for fresh market. The number of days to harvest is another important point to consider. Early season varieties that mature 50 to 60 days after transplant weigh 1-2 pounds while full season processing cabbage weighs 10-12 pounds per head. Most cabbage varieties today are hybrids.



Handling Your Cabbage and Cole Crops

Cole crops retain their fresh taste if they are hydrocooled and kept under high humidity. Hydrocool by submerging the crop in a cool water bath for a few minutes immediately after harvest. Dry the crop on screen tables, then pack into waxed cardboard boxes. Maintain humidity by lining the box with a clean, damp cloth.

Harvest cabbage when heads are firm but be cautious of delaying too long because heads can crack or split wide open, especially after a heavy rain. Cut heads just above the crown. Under high humidity in a cooler, cabbage will keep in top condition for four to five days.



For more information contact your local Extension Office to obtain these references:
Growing Broccoli, Cauliflower, Cabbage, and Other Cole Crops in Wisconsin. Publication A3684.
Commercial Vegetable Production in Wisconsin. Publication A3422.