

Cabbage Family



Savoy Cabbage



Cauliflower



Red Cabbage



Cabbage



Chinese Cabbage



Broccoli



Ginger



Broccoli Rabe



Curley Kale



Red Kale



Red Russian
Kale



Brussels Sprouts



Lacinato - Cut Kale



Grand Duke
Kohlrabi



Purple Kohlrabi



Red Chard



Swiss Chard



Napa



Cabbage

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Cabbage

Cabbage is best dried, frozen or for pickling.

Canning is not a recommended procedure for cabbage, Kale, Kohlrabi, Broccoli or any of the cabbage family.

For further information on proper canning practices and processing times for other vegetables refer to the National Center for Home Food Preservation at <http://www.uga.edu/nchfp>



For more information contact your local
University of Idaho Extension Office or visit
www.uidaho.edu/extension/twinfalls

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Cabbage Family

Cabbage is available in the grocery store all year long. They should be large and compact (not fluffy), heavy for their size, with tender green leaves showing no damage.



Cabbage is high in vitamin C, and a good source of fiber. Cabbage is loaded with Vitamin A and B and contains high amounts of iron.

Let's Eat Cabbage!

Fruited Coleslaw

Ingredients:

- 1/2 cup light mayonnaise
- 1/4 cup sugar
- 2 tablespoons cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon dry mustard
- 1/8 teaspoon celery seeds
- 4 cups shredded cabbage
- 1 cup shredded carrot
- 1 (8-ounce) can crushed pineapple, undrained
- 1/2 cup raisins



Directions:

1. Combine mayonnaise, sugar, vinegar, salt, mustard, and celery seeds in a large bowl.
2. Stir in cabbage, carrot, pineapple, and raisins, mixing well. Cover and refrigerate.

Resource: Purdue University Extension

How to select

Cabbage heads should be firm and dense with shiny, crisp, colorful leaves free of cracks, bruises, and blemishes. Severe damage to the outer leaves usually means worm damage or decay on the inside and should not be chosen. (See next page.)

How to Select (continued)

Cabbage may have a few loose outer leaves attached to the stem. If not there may be an undesirable texture and taste. It is best to purchase a whole head of cabbage vs. pre-cut or shredded as it will lose its flavor rapidly.

Storing

1. The whole head of cabbage can be stored in a plastic bag in the refrigerator up to a week or 2 weeks if fresh from the garden. The older the cabbage gets the stronger the flavor and odor will be.
2. Looser-leaf Savoy variety should be used within a few days.
3. Once cabbage is chopped it will lose its freshness quickly, so plan on using it within a few days. If only a half a head is needed, place the remainder in a plastic bag and shake a few drops of water onto the cut side. Close bag and refrigerate. It should last another few days if it was fairly fresh when you cut it.

Drying

Is the oldest method of preserving food. You can dry in an oven at 130° F to 150° F, in a food dehydrator, or in the sun with netting. The netting protects the food against bugs. To dry cabbage—remove outer leaves, quarter and core. Cut into shreds about 1/8 thick. Steam blanch 2-3 minutes. (Blanching is explained in the freezing section.) Dry 10-12 hours until crisp. (See table next page.)

Drying (continued)

Cabbage	Remove outer leaves, quarter, and core. Cut into shreds about 1/8 inch thick.	Steam blanch 2-3 minutes	Dry until crisp—10-12 hours
Cauliflower	Separate into flowerets. Cut large flowerets in half	.Water blanch 3-4 minutes (to keep white color add 1Tbsp. Vinegar per 1 gallon of water.)	Dry until tough and brittle 12-15 hours
Broccoli	Trim and cut as for serving. Quarter stalks lengthwise	Water or steam blanch (2-3 minutes in water, 3-5 minutes in steam)	Dry until crisp 12-15 hours

Freezing

Is one of the easiest and most convenient methods of preserving foods for later use. Cut into coarse shreds and blanch as per times shown in table below. Remove, drain, and chill. Pack into airtight containers and freeze up to one year. Once thawed, frozen cabbage will only work well if cooked.

Blanch 5 minutes, cool, pack, and freeze. Blanching is the process of immersing food in boiling water for the short period time suggested. These times vary with the type and texture of the vegetable and the thickness of the pieces. After blanching cool quickly in ice water, drain vegetables, pat dry with paper towel, and freeze.

Vegetable	Blanching time
Broccoli Flowerets	3 minutes
Brussels Sprouts (medium)	4 minutes
Cabbage (large shreds or thin wedges)	1-1/2 minutes
Cauliflower Flowerets	3 minutes
Kohlrabi (small whole)	3 minutes