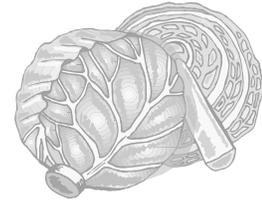


Cabbage



NUTRITION:

Cabbage is a good source of Vitamin C, iron and traces of many other minerals.

HOW TO SELECT:

Choose only high quality fresh cabbage. There should be no wilted leaves or visible spoilage. Select firm, solid, clean and mature heads. Late Fall cabbage is the preferred for sauerkraut.

FRESH STORAGE:

After first frost, pull with root attached. Store in outdoor storage area (pits, garbage cans, cellars) with soil around roots. Do not store in basement because cabbage odor will spread through house. Do not store with celery, endive, apples or pear which pick up cabbage flavor.

USING FRESH:

Storage Conditions:

- Temperature—32 degrees F
- Humidity—very moist
- Storage Life—3-4 months

One pound equals 3-4 servings. To prepare pan stir, bake, steam, braise, cook, or eat raw.

DRYING:

Generally it is stored in a root cellar or made into sauerkraut. Dried it is handy for soup.

Preparation:

Remove outer leaves. Quarter; cut out core, and shred with the coarse blade of a vegetable grater, about the size for cole slaw. Steam 2 to 3 minutes. Cabbage packs on the trays during drying, so spread it evenly and not more than 1/2 inch deep.

Drying Procedure:

Start at 120 degrees F, increase gradually to 140 degrees F after the first hour; reduce to 130 degrees F when nearly dry. The thin part of the leaves dries more quickly than the rib, and therefore is more likely to scorch and turn brown. Lift and stir the food on the trays to keep it from matting. Dry 10-12 hours until brittle.

FREEZING:

Frozen cabbage is best when used in cooked dishes. After being frozen it loses its crispness.

Trim off course outer leaves; cut heads in medium or course shreds or thin wedges, or separate the leaves. Blanch in boiling water for 1-1/2 minutes. Cool immediately and drain. Pack leaving 1/2 inch of headroom. Seal and freeze.

CANNING:

Not recommended! WSU/USDA does not have any processing times. Safe processing times have not been determined. Canning for the time and pressure needed causes severe discoloration and extreme softness. Cabbage loses most of its flavor in canning.

For more preservation info, see "sauerkraut".

RECIPES:

FROZEN COLE SLAW

1 medium to large cabbage, shredded
1 teaspoon salt
1 carrot, grated
1/2 green pepper, chopped
2 cups sugar*
1 cup vinegar
1/4 cup water
1 teaspoon whole mustard seed
1 teaspoon celery seed

Mix together cabbage and salt. Let stand one hour, then squeeze out excess moisture. Add carrot and green pepper. While cabbage is standing with salt, mix together remaining ingredients for the dressing and bring to boil for 1 minute. Cool to lukewarm. Pour over slaw mixture and mix gently. Pack into freezer containers in meal proportions, cover and freeze. This salad thaws quickly and any remaining may be refrozen. The slaw remains crisp.

*Sugar may be reduced to 1 cup or a substitute may be used.

For more information call WSU Skagit County Extension:

360-428-4270

Or visit:

<http://skagit.wsu.edu/FAM/MFP.htm>

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