

## Do You Know?

How many types/varieties of cabbage are available?



### Green Cabbage

The heart of any good coleslaw is shredded green cabbage, green, round and typically a little smaller than a volleyball. Green is the most common type of cabbage and is popular for its crunchiness and mild flavor. Look for a head that is heavy for its size and has no discoloration.

### Red Cabbage

This type adds a burst of color to any salad or stir-fry. Red cabbage takes longer to mature than green cabbage, so they are usually less tender. This variety is perfect for serving raw in salads and slaws. The color in red cabbage can often run when cooked. Other foods will turn red and the cabbage will take on a bluish hue. This can be avoided by cooking with an acid such as lemon juice or vinegar.

### Savoy Cabbage

Tender and sweet, Savoy cabbage is popular in Italian recipes and has a milder flavor than green cabbage. Look for heads with even green coloring and slightly cone-shaped leaves. The leaves should be crisp, not limp, and there should be no sign of browning. The firmer leaves work well when cooked in such dishes as cabbage rolls.

### Brussels Sprouts

A miniature form of cabbage. Look for fresh, unfaded green color with no sign of yellowing. The heads should be dense and firm, the leaves should not be wilted.



The two most common types of Chinese Cabbage are Bok Choy and Napa. Chinese cabbage cooks in less time than standard U.S. types, but can be prepared in the same ways.  
Chinese Cabbage

*Napa* Cabbage was introduced into North America from China in the 1880's. It has long, oblong-shaped leaves that are flat and wide. The leaves are a pale green to greenish white in the center. It looks much like a head of romaine lettuce only more compact, with curly edges. *Napa* can be served cooked or raw and works particularly well in stir-fries and soups. *Bok choy* is one of the most nutritious of the family.



### Cutting Cabbage

For the best chopping results, use a chef's knife and a flat surface. Start by cutting one side off the cabbage. Then roll it over to sit on the flat side. Cut around the tough core (which is not eaten). Cut off the top, then the sides around the core. Finally, chop, grate or shred the remaining wedges of cabbage.

## NEW YORK FARM BUREAU FOUNDATION FOR AGRICULTURAL

P.O. Box 5330  
Albany, New York 12205

Phone: 1-800-342-4143

Fax: 518-431-5656

E-mail: [sprokop@nyfb.org](mailto:sprokop@nyfb.org)

[www.nyfbfoundation.org](http://www.nyfbfoundation.org)

Sowing the Seeds of Understanding

The Foundation

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# Cabbage!



**More than 10,000 New York Acres in production!**

The Mission of the Foundation is to inform and educate all New Yorkers regarding agriculture and to increase understanding between the farm and non-farm public.



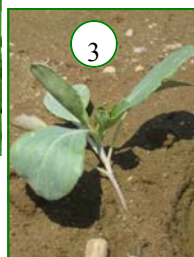
# Do You Know?

## CABBAGE HISTORY!

The cabbage family is large and extended. There are dozens of varieties and it also belongs to the family which includes; kale, broccoli, collards, Brussels sprouts, cauliflower and kohlrabi. Within the cabbage group are the tightly headed red and green cabbages, the longer, looser Savoy and Napa cabbages.

There is historical and botanical evidence that cabbage has been cultivated for more than 4,000 years and domesticated for over 2,500 years. Before domestication they were collected from the wild and used primarily as medicinal herbs. Brussels sprouts are the most recent crop, having come into existence less than 500 years ago.

### Cabbage Stages of Growth: from #1 (seedling) to #9 (ready to eat).



## Selecting & Storing

Look for firm, heavy heads of cabbage and try to not buy one that has already been cut. It will have lost some of its nutritional value. If you are making a coleslaw, try to make it as close to serving as possible to maintain nutritional value.

Cabbage will keep for about two weeks in the refrigerator. Store it in a plastic bag, but punch a few holes in the bag so that air gets to it. Likewise a paper bag will store cabbage well under refrigeration. The leafy cabbages are a little more perishable and will keep for about a week in the fridge.

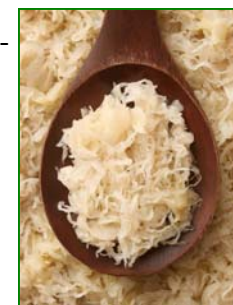
### Tips!

- When you need cabbage leaves for stuffed cabbage, try freezing the whole cabbage first, then let it thaw, and the leaves will come apart easier.
- To keep red cabbage red, try adding a tablespoon of white vinegar to the cooking water.



## Cabbage Facts & Nutrition

- Because cabbage requires only 3 months of growing time, one acre will yield more edible vegetables than any other plant.
- Cabbage is a rich source of vitamin C, fiber, iron, calcium, and potassium. The odor that it emits comes from the sulphur content of cabbage which helps the body to resist bacteria and protects the protoplasm of the cells. It is said to aid in producing glossy hair.
- Cabbage can be steamed, boiled, braised, microwaved, stuffed, stir-fried or eaten raw.



The *Foundation* has developed tools and resources to “sow the seeds of understanding”. Our programs are available throughout New York State. We invite all who utilize agriculture in the form of food, shelter and clothing to invest in our programs and help us as we work to accomplish our mission. Thank you to Phillip A. Schmitt & Son Farm on LI for their help with this education brochure.