

## Vegetable of the Week - Cabbage



### **When is cabbage in season?**

May through October

### **What to look for when buying fresh cabbage:**

Firm, heavy cabbages, compact head, crisp, fresh leaves. No yellow leaves. No splits in cabbage or soft spots. Light green and reddish purple varieties are available.

### **How do I store Cabbage?**

Store in the refrigerator. Use within 2 weeks.

### **How do I prepare cabbage?**

Wash the head of cabbage well. Remove wilted leaves. Cabbage can be cut or shredded to use fresh in items such as coleslaw or tacos. Cut, slice, and cook for a stir-fry. Boil or steam for about 10-15 minutes. Microwave for about 7-13 minutes. Microwaving or steaming preserves nutrient value. 1 pound raw = 3 cups cooked.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?





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## STEPS TO A HEALTHIER YOU

### Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

#### Recipe

#### Hearty Green Cabbage and Potatoes



- 4 medium white or red potatoes
- 1/2 head green cabbage
- 1/4 teaspoon each salt and pepper
- 4 tablespoons of margarine

Peel potatoes and cut into medium pieces. Cover with water. Boil until barely soft. Cut cabbage in to 4 equal wedges. Place in sauce pan. Barely cover with potato water. Add salt and pepper. Place potatoes on top of cabbage. Add margarine. Cover. Simmer over low heat for 10 minutes. Serves 4

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.