Cabbage

**Interesting Facts:**
- Cruciferous vegetable that belongs to the Brassica family
- Comes in white, green, or purple/red
- Closely related to broccoli, cauliflower, and brussel sprouts

**Nutrition Facts:**
- Cabbage is high in:
  - Vitamin A
  - Vitamin C
  - Vitamin K
  - Fiber
  - Calcium
  - Magnesium
  - Potassium

**Health Benefits of Cabbage**
- Antioxidant = protects against free radicals and enhances brain function
- Sulfuraphane and Glutamine = reduces inflammation, irritation, allergies, joint pain, and skin disorders
- Glucosinolates = anti-carcinogenic properties (cancer fighting/preventing)
- Fiber = treats constipation by retaining water and adding bulk to the stool
- Polyphenols = lowers LDL cholesterol levels
- Beta-carotene = protects eye health/prevents cataract
- Potassium = lowers blood pressure
How to Prepare Cabbage

Washing and cutting:
- Remove the thick outer leaves
- Cut cabbage into pieces and rinse
- If there is sign of insects, soak in salt water or vinegar for 15 min
- To preserve Vitamin C content, cut right before cooking or eating
- Phytonutrients react negatively with carbon steel, so use a stainless steel knife when cutting (could turn black)
- Can be cut into slices, grated, or shredded

Cooking methods:
Steaming has been proven the best way to cook cabbage in order to preserve all cancer-fighting compounds.

Usage:
- Fermenting = saurkraut or kimchi
- Raw = salad and coleslaw
- Replace taco shells
- Soups
- Stir-fry
- Stuffed and baked

How to Store Cabbage

Proper storage:
- Keep outer leaves intact- outer leaves protect inner more tender leaves, especially from loss of moisture
- Do not wash until ready to eat/cook
- Wrap in a plastic bag and store in a hydrator drawer
- Tightly wrap if cabbage head has been cut in half, and minimize bruising - cell damage degrades Vitamin C content more quickly
- Refrigerator - will last 3 weeks-2 months, if stored properly
- Root Cellar - if root cellar is in good condition, will last longer than 2 months

Information cited:
https://cedarcirclefarm.org/tips/entry/cabbage-using-storing
https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-cabbage.html

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