

# Cabbage

Arkansas Grown

## History

Although cabbage is often connected to the Irish, the Celts actually brought cabbage to Europe from Asia around 600 B.C. Since cabbage grows well in cool climates, yields large harvests, and stores well during winter, it soon became a major crop in Europe.

## Storage Tips

- Store the whole head of cabbage in a plastic bag in the refrigerator for up to a week, two weeks if it is fresh from the garden.
- Cabbage will lose freshness rapidly once the head is chopped, so plan on using it within a day.
- If you only need half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last another few days if it was fairly fresh when you cut it.
- Cooked cabbage may be refrigerated in a covered container for up to four days.

## Nutrition Information

This food is very low in saturated fat and cholesterol. It is also a good source of Thiamin, Calcium, Iron, Magnesium, Phosphorus and Potassium, and a very good source of dietary fiber, Vitamin C, Vitamin K, Vitamin B6, Folate and Manganese.

## 1 cup, chopped cabbage

Calories: 22.2	Vitamin K: 85%
Fat: 0.1 g	Vitamin C: 54%
Carbohydrates: 5.6 g	Manganese: 7%
Sugars: 2.8 g	Sodium: 16 mg

## Rustic Cabbage Soup

- 1 tablespoon extra virgin olive oil
- a big pinch of salt
- 1/2 pound potatoes, skin on, cut 1/4-inch pieces
- 4 cloves garlic, chopped
- 1/2 large yellow onion, thinly sliced
- 5 cups stock (see head notes)
- 1 1/2 cups white beans, precooked or canned (drained & rinsed well)
- 1/2 medium cabbage, cored and sliced into 1/4-inch ribbons
- 1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until a bit tender and starting to brown a bit, about 5 minutes. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens. Add seasoning and cheese.

Cut out this recipe and glue it to a note card for future reference!

## How to Pick Them

Pick cabbages that have tight leaves and a solid heft. Larger cabbages tend to be more mild in flavor than smaller ones. If the outer leaves are wilted, brown, or excessively torn, this could indicate older cabbage or mishandling.



This item and others like it can be purchased with your EBT card at your local farmer's market or grocery store.