

# Cabbage

Mediterranean origin. The plant evolved in a salty and sunny environment which accounts for the thick waxy, succulent leaves that make it so hardy. Cabbage forms tight heads that allow it to be stored for months.



## TIPS:

**Short-term Storage:** Will store in the fridge or cool basement for quite a while. Just peel the outer leaves as they wilt before they start rotting.

**Long-term Storage:** Some varieties are storage types and can be stored in a cool humid spot for months. Blanching and freezing and Pickling (sauerkraut) are good methods for storage.

**General Cooking Info:** Very versatile. Raw in salad, chopped into soups and stews, sauteed into stir-fries, pickled into sauerkraut, and the list goes on...

**Growing info:** Cabbage also likes the soil very fertile, but it's a little less picky about temperature than it's cousins broccoli and cauliflower. We grow cabbage in the spring and the fall. Some varieties are grown to stand in the field to be picked in the early winter. These usually store well enough to last through the winter.

**Common Problems:** See Broccoli.



pointy headed Jersey Wakefield



wrinkly savoy cabbage

### **Summer Cabbage Salad**

1 head cabbage, shredded  
 2 cooked skinless, boneless chicken breast halves, cubed  
 6 tablespoons balsamic vinegar  
 2 chicken-flavored ramen noodle seasoning packets  
 1/4 cup white sugar  
 1 cup olive oil  
 6 green onions, chopped  
 1/4 cup toasted sliced almonds, or to taste  
 1/4 cup toasted sesame seeds, or to taste  
 Combine the shredded cabbage and cubed chicken in a large mixing bowl; set aside. Whisk together the vinegar, ramen noodle seasoning, and sugar in a mixing bowl until the sugar has dissolved. Slowly pour the olive oil into the vinegar mixture, whisking quickly to incorporate the oil into the dressing. Stir in the green onions, then pour the dressing over the cabbage mixture. Toss the salad until evenly coated with the dressing. Sprinkle with almond slices and sesame seeds to serve.

### **Crunchy Peanut Coleslaw**

1 cup reduced-fat sour cream  
 1/2 cup fat-free mayonnaise  
 1 tablespoon sugar  
 1 tablespoon tarragon vinegar  
 1/2 teaspoon salt  
 1/4 teaspoon white pepper  
 4 cups finely chopped cabbage  
 1 cup chopped cauliflower  
 1 cup chopped celery  
 1/4 cup finely chopped onion  
 1/4 cup chopped green pepper  
 1/4 cup finely chopped cucumber  
 1/2 cup chopped peanuts

1. For dressing, in a small bowl, combine the sour cream, mayonnaise, sugar, vinegar, salt and pepper until blended. In a large bowl, combine the cabbage, cauliflower, celery, onion, green pepper and cucumber. Add dressing and toss to coat. Sprinkle with peanuts.

*from Allrecipes.com*

### **Rustic Cabbage Soup**

*Chances are I'm not making my own stock on the average weeknight. I am a big fan of Rapunzel Herb Bouillon (available at many stores), I use about 1/2 of one cube in a soup like this to kick things off - it makes a nice, light but flavorful broth. I'll crush it into a powder and add it to the pot just before I add water. I had some Rancho Gordo flageolet beans already cooked so I used them here, but no worries if you have to turn to the can. For the vegans out there, just skip the Parmesan, and you're in business.*

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  
 more good-quality extra-virgin olive oil for drizzling  
 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 they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. 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 up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...  
 Serve drizzled with a bit of olive oil and a generous dusting of cheese.  
 Serves 4

*from 101 Cookbooks*