COMMUNITY NEWSLETTER

CABBAGE

Cabbage is a leafy, cruciferous vegetable that grows in a rosette on short, thick stalks close to the ground. It is part of the Brassicaceae or mustard family. It is unclear where cabbage originated. Records show cabbage was cultivated in North China 4,000 years ago. From there, the Celts took cabbage to Northern Europe and Scandinavia. Then, cabbage made its way around the world on trade and emigration routes. There are four groupings of cabbage, white-headed, red-headed, Napa, and Savoy. There are also ornamental cabbages with large flowering heads that are used in landscaping. This ancient vegetable has a mild taste that ranges from peppery to sweet. Cabbage leaves can be soft or crunchy but become soft and tender when cooked. Cabbage can be eaten fresh, baked, braised, grilled, pickled, roasted, sautéed, and stuffed. Michigan cabbage is harvested from late July through November.

CABBAGE IS

- An excellent source of vitamin C*. Vitamin C is important to the body's tissues and supports a healthy immune system.
- An excellent source of vitamin K. Vitamin K is vital for blood clotting and healthy bones.
- A source of fiber. Fiber helps us feel fuller and benefits the digestive and cardiovascular systems.
- A source of folate. Folate supports the production of healthy red blood cells and is important during periods of rapid growth, like pregnancy.

**Foods that are high in vitamin C, calcium, and/or iron can help protect you from lead absorption.*

MICHIGAN MADE

Cabbage is a cool weather crop that grows well in Michigan. Michigan ranks in the top ten nationally for cabbage production. Michigan farmers harvest about 50,000 tons of cabbage on over 675 farms on nearly 5,000 acres of farmland. All four types of cabbage and multiple varieties are grown in the state for the fresh and processed markets. There has been an increase in Napa and bok choy production over the past decade due to consumer demand. Cabbage growers also plant for staggered harvests from spring to late fall. Berrien, Kent, Jackson, Macomb, St. Clair, and Washtenaw Counties have the most farms dedicated to growing cabbage the state.

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FUN FACTS

- White-headed cabbage tastes mild and peppery. It has waxy, pale green outer leaves with creamy white inner leaves.
- Red-cabbage tastes sweet and peppery. It has waxy reddish-purple leaves that turn dark purple when cooked.
- Napa cabbage, also known as Chinese cabbage, tastes mild, sweet, and peppery. It has ruffled pale green to yellow leaves with white ribs.
- Savoy cabbage tastes mild and sweet. It has ruffled, green outer leaves with pale yellow inner leaves.
- As cabbage plants grow the leaves multiply to form a tight ball shaped head.
- The thick, loose, outer leaves on cabbage hold water which helps them survive and grow in cold places.
- Cabbage is related to bok choy (pak choi), broccoli, Brussels sprouts, canola, cauliflower, kale, kohlrabi, mizuna, and turnips.
- Colcannon is a classic Irish dish of mashed potatoes, blanched Savoy cabbage, milk, and butter.
- Kimchi is a Korean dish of cabbage, chilis, garlic, and ginger, fermented in water or fish sauce.
- According to the Guinness Book of World Records, the "Palmer Pachyderm" is the world's heaviest cabbage. The cabbage weighed 138.25 pounds and was grown by Scott Robb of Palmer, Alaska.

BUYING AND STORING

- Select heavy, firm cabbage with compact, vibrant colored leaves free of cracks or blemishes.
- Store unwashed, whole cabbage in refrigerator in plastic wrap or bag up to two weeks. Remove wilted leaves to prevent decay. Store cut cabbage tightly wrapped or in an airtight container, use within three days.
- To freeze, place blanched cabbage in freezer bags or containers and freeze for up to nine months.
- Wash all fresh fruits and vegetables before using.

MORE THAN FRESH

In addition to fresh, cabbage is available canned, dehydrated, fermented, and frozen. When buying packaged cabbage, be sure to read labels and choose items that are reduced or low-sodium (salt).

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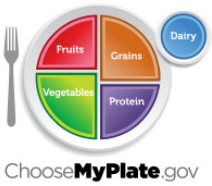
EAT WITH MYPLATE

MyPlate focuses on whole grains, lean protein, low-fat dairy, and half the plate being fruits and vegetables. Cabbage is part of the Vegetable Group. Most people need 2–3 cups of vegetables per day. For more information visit: **myplate.gov**.



IT ALL COUNTS

Fresh, frozen, canned, dried, and 100% vegetable and fruit juices count toward your daily MyPlate goals.

OVEN-ROASTED CABBAGE STEAKS

Time: 35 minutes | Makes: 8 servings | Serving Size: 1 wedge

Nutrition Information Per Serving: Calories 75, Carbohydrate 7g, Dietary Fiber 3g, Protein 2g, Total Fat 5g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 94mg

Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

INGREDIENTS

- Cooking spray
- 1 medium cabbage, about 2½–3 pounds, outer leaves removed, cored, and cut it into eight wedges
- 3–4 tablespoons vegetable oil
- 1 teaspoon garlic powder
- 2 teaspoons Italian seasoning
- ¼ teaspoon kosher salt
- ¼ teaspoon pepper
- 1 teaspoon lemon juice, about ½ fresh lemon (optional)
- ¼ cup fresh parsley, chopped (optional)

INSTRUCTIONS

1. Preheat oven to 425 F.
2. Combine vegetable oil, garlic powder, and Italian seasoning in a small bowl.
3. Spray baking sheet with nonstick cooking spray.
4. Place cabbage on baking sheet. Brush each side with seasoned oil, salt, and pepper.
5. Roast for about 30 minutes. Turn cabbage steaks halfway through and remove when the edges are browned.
6. Transfer to platter, garnish with fresh lemon juice and parsley, if using. Serve.

CHANGE IT UP

- Top with sautéed mushrooms and onions.
- Replace Italian seasoning with steakhouse or taco seasoning.
- Chop and add to mashed potatoes or squash.

TRY THIS

- Try fresh cabbage leaves with hummus and a squeeze of fresh lemon.
- Make it for breakfast. Sauté cabbage, top with scrambled eggs, and drizzle with hot sauce.
- Add shredded cabbage to salads, sandwiches, slaws, soups, and stews.

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