

# Green Cabbage



## Selecting

Green cabbage is the most common type of cabbage. A head of green cabbage can range in size from 1 to 9 pounds (0.5 to 4 kg).

Look for firm, solid and heavy heads with bright, fresh colour. Brightly coloured leaves means the cabbage is fresh. Avoid cabbages with discoloured or worm damaged leaves.

## Storing

Store the head of cabbage in a perforated plastic bag in the crisper. It will keep up to 2 weeks.

Once a cabbage is cut, it will deteriorate quickly. Wrap cut cabbage tightly in plastic and use as quickly as possible.

## Preparing

To prepare the cabbage, first cut away the outer leaves. Next, cut out the tough core at the base of the cabbage. Then cut the head in half. Shred the raw cabbage by slicing the halves thinly or grate it using a metal rasp.

If you plan to use the cabbage to make cabbage rolls, cut out the core and then blanch the cabbage head in a

pot of boiling water until the leaves become more pliable.

You can boil, steam, braise, stir-fry, sauté or bake cabbage. It is also delicious raw in a salad.

## Eating

Coleslaw is one of the traditional uses of cabbage. Use your food processor to chop the cabbage for use in salads or coleslaws.

## Seasonality

Cabbage is available almost all year.

## Nutrition

A 1/2 cup (125 mL) of green cabbage has 9 calories and is a high source of Vitamin K, and a source of Vitamin C and Folate.

The cabbage is part of the cruciferous family and contains phytochemicals and antioxidant vitamins.



Here is a delicious recipe for a Rainbow Coleslaw salad.  
[www.halfyourplate.ca/recipe/rainbow-coleslaw-salad/](http://www.halfyourplate.ca/recipe/rainbow-coleslaw-salad/)

