

March's featured vegetable is:

# Cabbage

Be-LEAF that you can pick a good one with these tips:

- Cabbage should be tightly closed, not open or falling apart.
- The color of the cabbage, whether it's green or red, should be a deep color and not look faded.
- Cabbage should be firm to the touch with no browning.
- Store whole heads of cabbage unwashed in a plastic bag in the fridge.
- Even when outer leaves are drying out, inner leaves of a cabbage are often still good.
- Savoy cabbage has tender, crinkly, light green leaves.
- Napa cabbage is mostly white and long with ruffled leaves and often used raw.
- Smooth-leaf green and red varieties are more strongly flavored than Napa or Savoy.

Cabbage can go with this, or it can go with that.

- Try cabbage raw or quickly cooked. Cabbage is done cooking when it is crisp-tender, not mushy. Cooking cabbage too long usually gives it an unpleasant taste.
- Add some cabbage to a stir-fry.
- Boil cabbage for about 5 minutes and then toss with a little bit of butter and garlic for a simple and delicious side-dish.
- Cut up fresh cabbage, sprinkle it with lemon, and enjoy it as a midday snack.
- Add cabbage to a tossed salad or your favorite soup.
- Make coleslaw with shredded cabbage, carrots, and low-fat mayonnaise.

**Come on over, come on over cabbage. If cabbage was spelled with a K, it would remind you that cabbage is a great source of this kicking nutrient. Vitamin K is an important part of a protein that helps your brain and nervous system develop properly. It does this by bossing your body's cells around and telling them what to do and where to go. Keep your kranium krackin' by eating kabbage and come up with kreative ideas to get your kids to eat this delectable vegetable!**

*Why cabbage? Why me?  
Why now?*

## Recipes

**Banana and Cabbage Salad**  
Food \$ense curriculum recipes

- 2 cups shredded cabbage
- 1 large banana, chopped
- 1-2 tablespoons skim milk
- 1-2 tablespoons sugar
- 2 tablespoons low fat mayonnaise



In a large bowl, lightly mix cabbage and banana together. Combine sugar and mayonnaise in a small bowl and thin with skim milk to make a sauce. Pour sauce over cabbage and banana and lightly stir to coat. Serve immediately.

**Cabbage Patch Stew**  
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- 1/2 lb. lean ground beef
- 1 large onion, chopped
- 1 cup celery, chopped
- 2 cups shredded cabbage
- 1 tablespoon Worcestershire sauce
- 2 teaspoon chili powder
- 2 cups water
- 2 tablespoon sugar
- 2 cups kidney or pinto beans\*
- 1 (28 oz.) can tomatoes

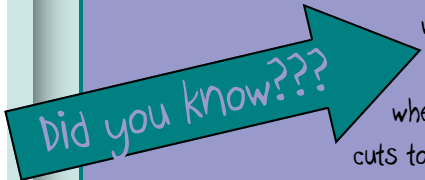


Brown meat and drain; add onion, celery and cabbage. Cook until vegetables are clear or wilted. Add remaining ingredients. Simmer 1/2 hour. Yield: 8 servings.

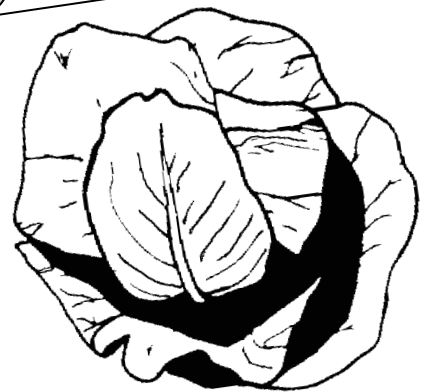
\*When a recipe calls for a can of beans, you may substitute 2 to 2 1/2 cups cooked dried beans instead.



- Have you ever eaten sauerkraut? Did you know that sauerkraut is made from cabbage?
- Back in the times of knights and princesses, people often cooked cabbage with meat whenever meat was available.
  - Captain Cook who sailed a ship long ago had sailors who were injured. The doctor on board took cabbage and put it on their cuts to help them heal.
- Back in the time of the ancient Greeks, a Greek leader named Cato said that cabbage was the first of all vegetables and that it was very important.
- People used to think that burned cabbage helped people get rid of germs.



### COLOR ME CABBAGE



COLOR THIS CABBAGE! REMEMBER THAT IT CAN BE RED OR GREEN. HOW WOULD YOU SERVE IT TO GUESTS?

HOW DO YOU WANT TO TRY IT?

### Need a chuckle? Try this!

Old King Cole was very fond of cabbage. He sent out a decree that from then on, whenever anyone ate cabbage, it must be shredded and mixed with mayonnaise and bits of carrots. This is known as Cole's Law (coleslaw).

### Get a "head" of the game and try this cabbage experiment:

#### Materials

- Head of red cabbage
- Medium-sized bowl
- Grater
- Cold water
- Strainer
- Plastic container
- Clear plastic cups (as many different liquids as you want to test)
- Baking soda



#### Instructions:

1. Ask a grown-up to help you with this experiment.
2. Grate some red cabbage into a medium-sized bowl.
3. Cover the cabbage with cold water and let it sit for 45 minutes.
4. Strain the juice into a plastic container.
5. Put the same amount of juice into each plastic cup.
6. Add 1 teaspoon of baking soda to all but one of your cups. It should turn the juice blue.
7. Keep one of those cups with just baking soda and set it aside so you can see the different colors. So, right now, you have your cabbage juice only cup and a cup with baking soda added to it, both of them set to the side.
8. Add different liquids to each cup to see how the color changes. You can try, cola, mouthwash, lemon juice, vinegar, pickle juice, milk or anything else you can think of!
9. Make sure to do a good clean up.