



## Get to know: Cabbage

Cabbage is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world. There are at least a hundred different types of cabbage grown throughout the world, but the most common types locally are the Green, Red, and Savoy varieties. Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried, and eaten raw.

### Nutrition

Cabbage is a nutritional powerhouse that is an excellent source of manganese, vitamin B6, and folate; and a good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, protein and magnesium.

Cabbage is high in fiber, vitamin C & K, and naturally fat free and cholesterol free. One cup of shredded raw cabbage contains 190% of the recommended daily amount of vitamin C. Cabbage is an excellent source of vitamin K. 1 cup (150 grams) of shredded, boiled cabbage contains 91% of the recommended daily amount of vitamin K. Cabbage has virtually no fat. One cup of shredded raw cabbage contains 50 calories and 5 grams of dietary fiber.



Different varieties of cabbages have varying nutritional strength: purple cabbage has more vitamin C, while the savoy has more vitamin A, calcium, iron and potassium. Cabbages are an excellent source of fiber and vitamin K, and a good source of vitamin C, calcium, potassium, and magnesium.

### Health Benefits

Cabbage and its relatives (broccoli, cauliflower, brussels sprouts) are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.

Cultures in which cabbage is a staple food, such as in Poland and some parts of China, show a low incidence of breast cancer. Research suggests this is due to the protective effect of sulfur-containing compounds in cabbage.

source: [www.wafarmtoschool.org/ToolKit/15/cabbage/Facts](http://www.wafarmtoschool.org/ToolKit/15/cabbage/Facts)

image: [ucanr.edu/blogs/MBMG/index.cfm?tagname=cabbage](http://ucanr.edu/blogs/MBMG/index.cfm?tagname=cabbage)

# Recipe

## Braised Cabbage with Leeks and Sesame Seeds

Recipe by: Harvard University Dining Services

Serves: 4

### What You Need:

- 1 quarter head of green cabbage, shredded
- 2 leeks, sliced, white parts only, well cleaned
- 1 tablespoon olive oil
- 1 tablespoon toasted sesame oil
- 2 tablespoons toasted sesame seeds
- Salt and pepper to taste

### What To Do:

1. Warm olive oil in a deep sauté pan. Once warm, add leeks and sprinkle with salt. Saute until tender.
2. Add the cabbage, stirring well to combine. Sprinkle with 2 tablespoons of water; cover and cook on medium to low heat until the cabbage is tender. Season with salt and pepper.
3. Drizzle with sesame oil, tossing gently to coat. Remove from heat to a warm serving platter and sprinkle with sesame seeds.

source:[www.hsph.harvard.edu/nutritionsource/braised-cabbage-with-leeks-and-sesame-seeds/](http://www.hsph.harvard.edu/nutritionsource/braised-cabbage-with-leeks-and-sesame-seeds/)

## More information

- Cabbage Nutrition Facts:[www.sde.idaho.gov/site/cnp/ffvp/fruit\\_veg/Cabbage.pdf](http://www.sde.idaho.gov/site/cnp/ffvp/fruit_veg/Cabbage.pdf)
- Stewed Lentils with Cabbage:[www.nytimes.com/2008/12/08/health/nutrition/08recipehealth.html](http://www.nytimes.com/2008/12/08/health/nutrition/08recipehealth.html)
- Cabbage with Tomatoes, Bulgur, and Chickpeas: [cooking.nytimes.com/recipes/1013499-cabbage-with-tomatoes-bulgur-and-chickpeas](http://cooking.nytimes.com/recipes/1013499-cabbage-with-tomatoes-bulgur-and-chickpeas)