



# Cabbage

*"Cabbage: A vegetable about as large and wise as a man's head."*  
--Ambrose Bierce, American Satirist

## ***Facts About Cabbage***

Cabbage:

- helps stimulate the immune system, which prevents bacteria and viruses from harming your body.
- provides antioxidants and helps prevent cancer.
- contains choline, which is essential for proper brain function.
- is a member of the cruciferous family along with broccoli, cauliflower, and Brussels sprouts.
- comes multiple varieties including red, common (green), and savoy.
- Raw cabbage works to detoxify the stomach and upper colon, which helps to improve digestion

## ***Preparing Cabbage: Helpful Hints***

- Remove the outer leaves of store bought cabbage when preparing as they could contain sprays or pesticides.
- Eat cabbage raw or slightly steamed to get the most nutrition out of this vegetable.
- Close-headed cabbage will keep for months in the refrigerator.
- Select a hard, firm head of cabbage.
- Cut the head of cabbage into four pieces and rinse before cooking.

## ***Serving Suggestions***

- Add red cabbage to a salad for extra color and nutrients
- Use cabbage in coleslaw.
- Bake red cabbage with sliced apples.

- Eat with beans and grains. The vitamin C in cabbage helps your body better absorb plant proteins found in beans and grains.
- Shred cabbage finely and steam until just tender.
- Drinking cabbage juice can be soothing for ulcers.
- Add some cabbage to your next stir-fry for additional flavor.

## ***Recipe***

### **Roasted Red Cabbage** (Give this recipe a try with red or green cabbage)

2 T extra-virgin olive oil	1 small onion, sliced
1/2 red cabbage, shredded	1/3 C white or apple cider vinegar
2 rounded tablespoons sugar	1 t mustard seed
Salt and pepper	

Heat a skillet over medium high heat. Add oil and onion. Sauté 2 min. Add cabbage and turn in pan, sautéing it until it wilts, 3 to 5 min. Add vinegar to the pan and turn the cabbage in it. Sprinkle sugar over the cabbage and turn again. Season with mustard seed, salt and pepper and reduce heat a bit. Let cabbage continue to cook 10 min or until ready to serve, stirring occasionally.

## ***Bibliography***

Nourishing Traditions by Sally Fallon

Natural Health, Natural Medicine by Andrew Weil, MD

The Food Doctor by Vicki Edgson & Ian Marber

Nutrition Advisor by Mark Bricklin

[http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD\\_9936\\_24067,00.html](http://www.foodnetwork.com/food/recipes/recipe/0,,FOOD_9936_24067,00.html)

Local Foods Connection  
2006 Food Facts Sheet  
Issue Nine