

VEGETABLE OF THE WEEK

CABBAGE

Cabbage comes in 3 types at our farm: green cabbage with smooth leaves, red with purplish-red leaves, and Chinese cabbage with tall leaves. Chinese cabbage heads are not packed as tightly as the red and green types. Red cabbage has thick, crisp leaves, and its color will run into other ingredients when cooked.

To store: Cabbage has a remarkable storage capacity. Just stick dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but they can be removed and discarded to reveal fresh inner leaves. Cabbage can keep for 3 months with high humidity! Once cut, wrap it in a sealed plastic bag and continue to refrigerate; it will keep for several weeks.

Handling: Rinse the cabbage under cold water before use. Cut cabbage head first into quarters, then diagonally across the wedge. Be sure to remove the stem end and triangular core near the base.

To use: Green cabbage is good fixed any way: raw, in salads, cooked, steamed, braised or fried. Red cabbage has a sharper flavor and coarser texture so it needs to be cooked longer. Make raw cabbage into coleslaw or sauerkraut.... Eat raw grated cabbage in your salad... Cooking celery with cabbage helps cut the strong cooking odor of cabbage. Briefly steam slivered and rinsed cabbage for 5 minutes. Top with butter and a pinch of salt and pepper or grated cheese. For the best cabbage, stir-fry or braise it until slightly browned.... wrap grain, rice, or meat fillings in large, boiled cabbage leaves.