Cabbage

Produce Tips

- When selecting cabbage, choose heads that feel firm and dense for their size.
- Store cabbage in a plastic bag in the refrigerator.
- Before slicing, cut cabbage in half and remove core.
- Try different types of cabbage such as green, red, Napa, and Savoy cabbages!
- When cabbage is cooked quickly in an open pan, it tastes sweeter and produces a milder scent.

Fun Facts!

The cabbage we know today came from a wild variety found in various parts of Europe. From this plant, other varieties have been cultivated that are part of the cabbage family, such as brussels sprouts, kale, cauliflower, broccoli, and kohlrabi.

The word cabbage derives from the French word for “head”: caboche.

Almost half of all cabbage produced in the United States is used to make coleslaw.

Cabbage is an excellent source of vitamins C and K.

Cabbage comes in different shades of green or purple.

Make It

Cajun Pepper Cabbage

**Ingredients:**
- 1 small head of cabbage, cut into small pieces
- 1/8 tsp oregano
- 1/8 tsp salt
- 1/2 tsp Cajun seasoning
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper
- 1 Tbsp chopped jalapeno pepper
- 1/3 cup chopped yellow onion
- 1/3 cup chopped green bell pepper
- 2 Tbsp unsalted butter

**Directions:**
1. Cut the cabbage in half, and, with the cut side down, slice it as thinly as possible around the core, as though you were making coleslaw. Discard the core.
2. Toss the cabbage with the rest of the ingredients except the butter.
3. Melt the butter in a large sauté pan or heavy-bottomed pot over medium-high heat.
4. Add the cabbage mixture and sauté for 10-15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Season to taste, and serve warm.

Helpful Hint

Kids can help prepare cabbage and vegetable soup by using their hands to tear cabbage leaves into small pieces to add to soup or another dish, using scissors to cut strips of cabbage for tacos or coleslaw, or mixing a dressing for a coleslaw.

For more information on Louisiana Harvest of the Month, visit [www.SeedstoSuccess.com](http://www.SeedstoSuccess.com)

This Institution is an equal opportunity provider.