

CABBAGE



This Nebraska Harvest of the Month newsletter highlights locally grown cabbage. Your school will be preparing recipes featuring cabbage as part of the school meal program this month!

SELECTION, STORAGE & COOKING

- Choose cabbage with crisp, firmly packed leaves. Avoid soft, yellow, or brown leaves. A good cabbage should feel heavy for its size.
- Keep cabbage whole until you plan to use it. When you cut cabbage, it begins to lose its vitamin C. Store in the crisper of your fridge for a couple of weeks!
- Drizzle roasted chopped cabbage with olive oil, cracked black pepper and minced garlic.
- Try adding cabbage to salads, soups, and stews.

NUTRITION TIP

Cabbage has been regarded as nutrient dense for hundreds of years, and recently cabbage has been found to have disease prevention properties as well. It's packed with vitamin C, too!

SEASONAL AVAILABILITY



BRAISED CABBAGE

Ingredients:

- 1 medium cabbage, cut into wedges
- 1 large onion, diced
- 1 large carrot, sliced into ¼" pieces
- ¼ cup olive oil or butter
- ½ cup chicken stock
- Salt and pepper to taste

Directions:

1. Preheat oven to 325°F.
2. Place cabbage wedges into a large, greased baking dish. Sprinkle carrots and onions on top.
3. Pour chicken broth over vegetables. Drizzle oil or butter on top of vegetables and broth. Season with salt and pepper.
4. Cover with foil and bake for 1-2 hours. After the first hour, carefully turn cabbage wedges with tongs. Be sure to replace foil after flipping cabbage wedges.
5. When cabbage is tender, discard the foil and increase the heat to 400°F. Roast for 15 minutes or until the cabbage edges begin to brown. Serve warm. Enjoy!



LEARN MORE ABOUT HARVEST OF THE MONTH

www.education.ne.gov/ns/farm-to-school/harvest-of-the-month

FUN WITH CABBAGE



CABBAGE ART EXPERIMENT

Requires 24 hours of prep time

1. Chop up a head of red cabbage and boil on the stove top for about 15 minutes. (You can use the cooked cabbage in soup or make a casserole that requires cooked cabbage.)
2. Drain the cabbage over a colander, reserving all liquid. Drain the resulting purplish liquid again to get it free of all the floating cabbage.
3. You will get a purplish liquid. Transfer this to a 9 x12 pan. Once cooled, use cabbage water and soak heavy sheets of paper, like watercolor paper, overnight.
4. Remove paper from the water on the following day and let completely dry.
5. Once you have your “magic” paper it is time to begin painting! Red cabbage can indicate the pH of a substance, like if it is acidic or alkaline.
6. Set out little bowls with dishes of the following liquids: vinegar, lemon juice, baking soda + water, laundry detergent. These different liquids, when painted on the red cabbage water soaked paper, will react to the paper and become a surprise color! Acids will turn red; bases will turn bluish-green.
7. Paint with these liquids and explore the different colors!

www.funlittles.com/art-activities-for-kids-red-cabbage-art

