



Cabbage

How to Prepare

Cabbage – red, green, purple, white and savoy – are all closely related annual vegetables with dense-leaved heads that can typically grow to weigh anywhere between two and ten pounds. These large veggies are great Yellowknife crops because they stay fresh for a long time, and have a high yield.

For many, cabbage has a bad reputation. Memories of smelly boiled cabbage and bland casseroles gives cabbage a bad name. But there’s so much good too: Kimchi, Eastern European cabbage rolls, Creole-inspired coleslaw, and so many more from nearly every country in the world. Cabbage is great raw or cooked, as whole leaves or shredded, as the star, or as the support. See below for a list of different ways to use cabbage.

In your own kitchen, store cabbage whole in your fridge. Wrapping the cabbage in plastic or storing it in a bag will help keep external moisture away. Once cut, try to use your cabbage quickly, or wrap it to keep external moisture away. For a video guide on cutting cabbages, see [wikihow.com/Cut-Cabbage](http://www.wikihow.com/Cut-Cabbage)

Try Using Cabbage:

- Fermented, in kimchi;
- Made into cabbage rolls;
- Braised with German sausages;
- Pickled with herbs and vinegar;
- Shredded into coleslaw;
- Grilled alongside fatty meats;
- In salads with fruits like pears;
- In soups and stews;
- In burritos with beef or pork;
- In eggrolls or spring rolls;
- As a topping for fried chicken;
- As sauerkraut with a roast; and
- In ramen or udon soups.

Nutrition Highlights

- Very high in Vitamin B6, C & K;
- A good source of calcium;
- A source of iron & thiamin;
- A very good source of fiber;
- A very good source of folate.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 18mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	10%
Sugars 3g	
Protein 1g	
Vitamin A 2%	Vitamin C 61%
Calcium 4%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Cabbage & Carrot Slaw

Ingredients

Slaw:

- ½ head of green cabbage, thinly sliced
- 1 cup of thinly sliced red cabbage
- 2 whole shredded carrots
- 3 thinly sliced green onions
- ½ bunch of baby dill, chopped

Dressing:

- ¼ cup apple cider vinegar
- 1 tbsp grainy mustard
- 1 tbsp honey
- ¼ cup olive oil
- Salt and pepper

Instructions

1. In a small mixing bowl whisk together vinegar, mustard, honey and olive oil and set aside. Alternatively, combine these ingredients in a blender.
2. In a separate bowl mix together cabbages, carrots, green onions and dill.
3. Next, pour a small amount of the dressing on the cabbage mixture and mix together until combined and until desired amount of dressing is achieved. Season with salt and pepper, and chill before serving.

You can enjoy this slaw as a standalone side dish, or you can add it to pulled pork burritos, use it on fried chicken sandwiches, or on a steak fajita.

This salad can become a full meal by is alongside grilled tofu, chicken, or steak.

For a little change, you can substitute the dill for another flavourful herb. Try cilantro, basil, or celery seed.

If you live for spicy food, add some ribbons of chili pepper to the slaw recipe, or add a vinegar-based hot sauce to the dressing.