

## Lazy Day Cabbage

1 cup raw rice (brown preferred)  
1 pound ground beef or turkey  
1 medium onion (1 cup)  
1 small head cabbage, shredded (8 cups)  
2 cans low-sodium condensed tomato soup

Stove Top: Brown meat with onion in large pot. Drain off fat. Add cabbage and rice. Stir gently. Dilute soup with 2 soup cans of water. Pour tomato soup over top. Lower heat. Cover. Cook just until cabbage and rice are done (45 minutes-1 hour).

Oven: Cook rice. Brown meat and onion in fry pan, drain fat. Mix rice and meat mixture with cabbage in large casserole - top with soup, cover. Bake in a 325° oven for 1-1/2 hours.

Crock Pot: Put rice in bottom of crock pot. Brown meat and drain off fat. Mix with cabbage, onion, tomato soup and 1 can water. Place on top of rice. Cover and cook on high 2-3 hours and on low 4 to 5 hours.

*Yield: 14 servings; serving size 1 cup (170 calories, 4.5 grams fat, 30 mg cholesterol, 3 grams fiber, 50 mg sodium)*



## Fruity Cabbage Salad

2 medium apples  
2 teaspoons orange juice  
3 cups cabbage, shredded  
1/2 cup raisins  
1/2 cup low-fat vanilla yogurt (add more if desired)

Wash and core apples. Cut into small chunks and place in a large bowl. Add orange juice and stir. Add cabbage, raisins and yogurt. Mix lightly and chill.

*Yield: 12 servings; serving size 1 cup (180 calories, 3 grams fat, 5 mg cholesterol, 2 grams fiber, 70 mg sodium)*



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### HerKimer County Farmers' Markets

<http://farmmarket.herKimerhealthnet.com/home.html>



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[www.cce.cornell.edu/herKimer](http://www.cce.cornell.edu/herKimer)



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HealthNet

A New York State Department of Health funded Rural Health Network

<http://herKimerhealthnet.com>

### Creating Healthy Places

[www.facebook.com/CreatingHealthyPlacesInHerKimerCounty](http://www.facebook.com/CreatingHealthyPlacesInHerKimerCounty)

# Cabbage



## PLANT \* GROW

- \* Cabbage is a spring or fall cool season plant that grows best when daytime temperatures are around 60°F.
- \* Cabbage prefers full sun but will tolerate partial shade with slower growth.
- \* Grow by direct seed in garden or by planting transplants.
- \* Seed can be planted outdoors as soon as soil temperature reaches 40°F.
- \* Plant seeds 1/2" deep and 3" apart. When plants are 4-6 weeks old, thin them 12-24" apart.
- \* Seeds can be started indoors 6-8 weeks before the last frost. Plant transplants in garden 12-24" apart.
- \* Cabbage have shallow root systems. Avoid even shallow cultivation.
- \* Mulch to protect roots; reduce weed competition; and retain moisture in soil.
- \* Cabbage may take 50-70 days to reach harvest size.
- \* To harvest, use a shovel to sever roots about six inches from the plant; or twist to sever roots.
- \* Mature heads are prone to splitting with any stress or rain followed by a dry period. Choosing split resistant varieties will help.
- \* To help reduce disease, do not plant cabbage or any other Cole crop (like cauliflower, broccoli or kale) in the same location more than once every 3 or 4 years.

### Cornell University Home Garden Websites:

**General gardening:** [www.gardening.cornell.edu/homegardening/](http://www.gardening.cornell.edu/homegardening/)

**Cabbage specific:** [www.gardening.cornell.edu/homegardening/scene5fdd.html](http://www.gardening.cornell.edu/homegardening/scene5fdd.html)

## ENJOY YOUR CABBAGE

- \* Cabbage is a member of the mustard family. There are many varieties of cabbage to choose from including red, green, Napa and Savoy.
- \* All cabbages are rich in Vitamins A, C and K.
- \* Cut up any type of cabbage, drizzle it with lemon and add a little salt for a great snack.
- \* If pasta is for dinner, increase your vegetable intake by tossing some thinly slice cabbage into your sauce.
- \* Add extra crunch to your salads, soups, wraps, or sandwiches by topping with thinly sliced cabbage.
- \* Golumpki: Mix spices with ground beef or pork and cooked rice; wrap small amount in lightly steamed cabbage leaves, folding ends like an egg roll. Arrange in baking dish; cover with sauce; and bake at 350°F for 1 hour.
- \* Colcannon: a combination of cooked cabbage, potatoes and onions mashed into patties and browned in the oven at 425°F for 15 minutes.
- \* Cabbage has a mild taste and can be added to any stir fry.

### Websites For Healthy Eating:

**USDA:** [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Cornell University Eat3 Campaign:** [www.eat3.org](http://www.eat3.org)

## PURCHASE

- \* Cabbage is a local farm product available at farmers markets, typically from August to October.

## PRESERVE

- \* Keep cabbage at 32°F or in a plastic bag in the refrigerator.
- \* Frozen cabbage is suitable for use only as a cooked vegetable. To freeze, trim tough outer leaves. Cut or shred into smaller pieces. Blanch 1 1/2 minutes. Cool, drain, package, and freeze leaving 1/2 inch headspace.

For instructions on how to make sauerkraut, please see: [http://blogs.cornell.edu/cceherkimer/files/2009/04/Lets-Preserve-Sauerkra\\_07.pdf](http://blogs.cornell.edu/cceherkimer/files/2009/04/Lets-Preserve-Sauerkra_07.pdf)

### Food Preservation Websites:

**National Center for Home Food Preservation:**  
[www.homefoodpreservation.com](http://www.homefoodpreservation.com)

**CCE Herkimer County Food Preservation Resources:** <http://blogs.cornell.edu/cceherkimer/nutrition-programs/food-preservation-resources/>



## RECYCLE \* COMPOST

- \* Disease free cabbage scraps provide a rich nitrogen source, nutrients and moisture to your compost.
- \* Vegetable scraps are the "green" additions to your compost.

### Composting Resources:

**Cornell Waste Management Institute:**  
<http://cwmi.css.cornell.edu/resources.htm>

**Composting at Home publication:** <http://cwmi.css.cornell.edu/compostingathome.pdf>