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: 11 servings; serving size 1/2 cup (50 calories, Qgrams fat, Ongcholesterol, 2grams fiber, 10 mgsodium)

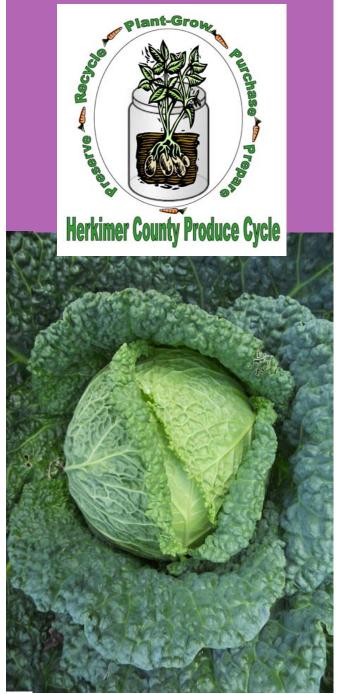


Created June 2013, updated 2020)

> Herkimer County Farmers' Markets http://blogs.cornell.edu/cceherkimer/ programs/local-foods/local-farmers-markets/ Cornell Cooperative Extension Herkimer County www.cce.cornell.edu/herkimer www.cce.cornell.edu/herkimer Find us on Find us on Facebook Follow us on Follow us on Follow us on Herkimer County Herkimer C

Creating Healthy Places

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:

http://gardening.cals.cornell.edu/ Cabbage specific: 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.myplate.gov

Cornell University Food & Nutrition Education in Communities (FNEC): https://fnec.cornell.edu/

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 1¹/₂ 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

Food Preservation Websites:

National Center for Home Food Preservation: www.homefoodpreservation.com

CCE Herkimer County Food Preservation Resources: http://blogs.cornell.edu/ cceherkimer/programs/local-foods/foodpreservation-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.ccs.cornell.edu/smallscale.htm