Cabbage is a budget-friendly superstar vegetable that is a good source of vitamin C. It is a vegetable that has been an important and inexpensive meal component for thousands of years. Although cabbage is often forgotten among the more flavorful produce, its flavor appeals to both children and adults alike.

Cabbage can be enjoyed both raw and cooked, making it easy to prepare in many different ways. There are many types of cabbage with different textures and colors: red cabbage; green-crinkly-leaved Savoy cabbage; green, smooth-leaved cabbage; and green-leaved Chinese cabbage. The Maine growing season for cabbage is June through December.

Cabbage contains the mineral sulfur. When cabbage is cooked, this sulfur is released and produces an unpleasant odor. This smell can be reduced by cooking cabbage quickly or in a contained environment such as an oven or covered pot.

**Selection**

When choosing cabbage, choose heads that are solid and heavy for their size. The outer leaves should be smooth with good color depending on the type of cabbage (deep green, red, or white). Avoid yellow heads of cabbage and those with wilted leaves.

**Storage**

Store unwashed cabbage in a plastic bag or closed container. Heads of cabbage can be stored in the refrigerator for up to two weeks. Before using a head of cabbage, remove the outer leaves and wash well.


Looking for ways to save money on food? The Eat Well! newsletter has always given you great ideas on how to save money on food. Now these ideas are even easier to spot. Look for this picture in the Eat Well newsletter to find great tips to save money on food. SAVE MONEY.
Food Bites
Preparing Cabbage By Samantha Buttarazzi, University of Maine Dietetic Intern

Cabbage is inexpensive. Currently it is just $0.69 per pound.

Cabbage can be prepared in many different ways to add a variety of textures and flavors to your favorite meals. Try one of these four methods with your family tonight!

<table>
<thead>
<tr>
<th>Method</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw</td>
<td>Remove damaged or wilted outer leaves, wash and cut out core. Chop cabbage head into small slices to be used in coleslaws or salads.</td>
</tr>
<tr>
<td>Steam</td>
<td>Remove outer leaves and wash. Cut head of cabbage into wedges and steam until tender (10 to 15 minutes). If cabbage is shredded, steam 3 to 8 minutes. To steam, bring one inch of water to a boil in the bottom of a pot. Place a colander or collapsible steamer basket in the pot. Put the cabbage in the colander or steamer basket and cover the pot tightly. Reduce heat to medium-low, but make sure the temperature is high enough to keep the water bubbling.</td>
</tr>
<tr>
<td>Microwave</td>
<td>Remove outer leaves, wash and cut head of cabbage into wedges. Place wedges in a covered dish with two tablespoons of water. Microwave 4 to 6 minutes. For red cabbage, also add two tablespoons of vinegar before microwaving.</td>
</tr>
<tr>
<td>Roast</td>
<td>Preheat oven to 375°F. Remove outer leaves, wash and cut head of cabbage into wedges. Place wedges on baking sheet and drizzle with 1 tablespoon of olive oil. Bake for 20 to 30 minutes until edges start to turn golden brown and soften.</td>
</tr>
</tbody>
</table>
Kid’s Korner
Apple Confetti Coleslaw

Try this tasty and colorful coleslaw dish!

Ingredients
1 cup chopped or shredded red cabbage
1 cup chopped or shredded green cabbage
½ cup chopped or shredded carrot
1 diced apple
2 tablespoons raisins
2 tablespoons apple cider vinegar
3 tablespoons unsweetened apple juice concentrate
½ cup low-fat mayonnaise
Pepper to taste

Directions
1. Remove outer leaves, wash cabbage and cut out core.
2. Chop cabbage, carrots, and dice apple.
3. In large bowl, combine the two types of cabbage with the carrots, apples, and raisins.
4. In a separate bowl mix apple cider vinegar, apple juice concentrate, and mayonnaise.
5. Pour liquid mixture over cabbage mixture and toss well.
6. Cover and refrigerate for at least 30 minutes before serving. Enjoy!

Makes 6 servings    Serving size: ½ cup

Nutrition Facts

Serving Size: 1/2 cup (95g)
Servings Per Container: 6

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>120</td>
<td>6%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>7g</td>
<td>11%</td>
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<tr>
<td>Saturated Fat</td>
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<td>5%</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
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<tr>
<td>Sodium</td>
<td>150mg</td>
<td>6%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<td>8%</td>
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<tr>
<td>Sugars</td>
<td>10g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
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</table>

Vitamin A 40%  •  Vitamin C 25%
Calcium 2%  •  Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Calories 2,000</th>
<th>Calories 2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>Less than 80g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
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</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

Karen Toohey has worked with the University of Maine Cooperative Extension's Eat Well Nutrition Education Program in Oxford County since 1996. She enjoys walking, playing tennis and hiking. She enjoys the company of her four kids and eight grandchildren.

Q. What are cruciferous vegetables?

A. Cruciferous vegetables such as broccoli, brussels sprouts, and cauliflower, are members of the cabbage family. They get their name from their four-petaled flowers, which look like a crucifix, or cross.

Other cruciferous vegetables include arugula, bok choy, collards, kale, mustard greens, rutabaga, turnip greens, and watercress. Cruciferous vegetables contain vitamins, minerals and dietary fiber.

Keep frozen broccoli and cauliflower on hand for a quick way to prepare vegetables to have with meals. Simply steam the frozen vegetables in a small amount of water in a pot on the stovetop or in the microwave.
Food Safety Corner
Cutting Board Safety By Samantha Buttarazzi, University of Maine Dietetic Intern

Chop, dice, mince, grate, slice, prepare – most recipes require the use of a cutting board. Cutting boards are an essential kitchen tool to protect countertops and provide a safe workspace for cutting and preparing foods. However, as cutting boards come in direct contact with foods, it makes them a possible place for harmful bacteria to spread.

Here are some tips to keep both your cutting boards and foods safe.

Choosing a Cutting Board

The United States' Department of Agriculture (USDA) recommends using nonporous surface cutting boards such as plastic, glass, or marble.

Separate

Consider using one cutting board for fresh produce, cheeses or bread and a separate cutting board for raw meat and poultry. This helps to remove risk of cross-contamination of the bacteria from uncooked meat to ready-to-eat produce and bread products.

Cleaning Cutting Boards

Cutting boards should be washed in the dishwasher or with warm soapy water. After washing, sanitize your cutting boards with a sanitizing solution.

Throw Away

All cutting boards should be thrown away when they become worn and deep groves can be seen.
Quick and Easy Eat Well Recipe
Unrolled Cabbage Casserole

Ingredients
1 small or ½ medium head of green cabbage, cored and chopped
28 ounce can crushed tomatoes, divided in half
1 pound cooked, drained, lean ground beef
1 cup cooked brown rice
½ cup diced onion
14.5 ounce can diced tomatoes, drained
2 cloves garlic or ¼ teaspoon garlic powder
1 teaspoon Italian seasoning

Directions
1. Preheat oven to 375° F.
2. Cut out the core of the cabbage and chop head into bite-sized pieces.
3. Place cabbage in the bottom of a deep 9 x 13 casserole dish.
4. Pour half the can of crushed tomatoes over cabbage.
5. In a large bowl, combine the cooked ground beef, cooked rice, onion, diced tomatoes, garlic, and Italian seasoning.
6. Crumble meat mixture in an even layer over the cabbage.
7. Pour remaining half can of crushed tomatoes on top.
8. Cover and bake for 1 hour. Uncover and continue baking for 10 minutes.

Variations
Substitute ground chicken, turkey, or tofu for ground beef. Add chopped carrots, celery, or fresh tomatoes in step #5.

Makes 6 servings  Serving size: 1½ cup  Cost per serving: $1.62

Nutrition Facts
Serving Size 1 ½ cups (397g)  Servings Per Container 6
Amount Per Serving
Calories 280  Calories from Fat 80
% Daily Value*
Total Fat 9g  14%
Saturated Fat 3.5g  18%
Trans Fat 0g
Cholesterol 60mg  20%
Sodium 280mg  12%
Total Carbohydrate 27g  9%
Dietary Fiber 6g  24%
Sugars 11g
Protein 24g

Vitamin A 10%  •  Vitamin C 100%
Calcium 10%  •  Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 35g

Calories per gram: Fat 9  •  Carbohydrate 4  •  Protein 4