

EATING LOCAL AND SEASONAL: CABBAGE

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You may have noticed that you can find cabbage all year round in grocery stores, but did you know that the vegetable is also grown locally in Ontario? Winter or late storage cabbage varieties have such a long storage period, that the Ontario-grown cabbage you buy in January through April actually comes from the fall harvest from months before.

CABBAGE WONDERLAND

There are so many types of cabbage that, even if you eat it all year round, you certainly will not get bored of this vegetable! Here are the main types:

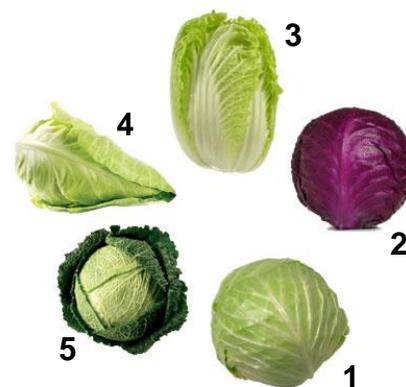
Green Cabbage (1) – the classic green and round cabbage with tightly packed leaves, comes in various sizes

Red Cabbage (2) – the cabbage with its distinctive red-purple colour, also round in shape with tightly packed leaves

Napa Cabbage (3) – a longer cylindrical shaped cabbage with more loosely packed leaves, also known as Chinese cabbage

Pointed Cabbage (4) – a smaller cone shaped cabbage

Savoy Cabbage (5) – cabbage with beautifully ruffled leaves that gives a more tender texture than the green and red varieties



NUTRITIONAL GOODNESS

Cabbage is a great source of fibre and vitamins C and K. (Red cabbage is also a great source of vitamin A). In smaller amounts, cabbage also contains B vitamins, folate, manganese, potassium and more.

BUYING AND STORING CABBAGE

When shopping, look for cabbage heads that are firm and heavy for their size. The leaves should be tightly packed and not wilting. Outer layers that are slightly bruised can simply be removed.

Cabbage stores best in its entire unit so try not to cut the cabbage until it is being used. Wrap the head of cabbage tightly with plastic wrap and store for two weeks or more in the fridge. Fresh or cooked cabbage that have been frozen can be stored in airtight containers for 10-12 months in the freezer. Once cut, use the cabbage within 2-3 days.

To store your harvest from the fall through the winter, grow late storage varieties such as Bartolo, Hinova and Zerlina cabbage. Once harvested, store in a moist and cool area, separate from other vegetables and fruits.

RECIPE OF THE MONTH

April 2016

TRADITIONAL GERMAN ROTKRAUT (BRAISED SWEET AND SOUR CABBAGE)

Rotkraut is a traditional German side dish made with red cabbage. Its flavourful profile of salty, sweet and sour makes it a wonderful side dish paired with any meat dish. You can keep it simple and flavour with just sugar, salt and vinegar. If you want to kick it up a notch and cook to impress, then you can make it with this slightly longer list of ingredients. The one thing in common? It will taste delicious packed with a nutritional punch!



Makes about 5 cups

Ingredients:

2 tbsp	Olive oil
½	Large sweet onion, finely diced
½	Red cabbage (about 1 ½ lbs), thinly sliced
1	Small Granny Smith apple, peeled, cored and diced
2 tbsp	Red wine vinegar
¾ cup	Vegetable broth, no salt added type
1	Bay leaf
1/16 tsp	Ground cloves
¼ tsp	Rosemary
½ tsp	Sugar
½ tsp	Salt

Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onions and cook until just beginning to brown. Then add cabbage and cook until just beginning to soften (about five minutes).
2. Add apple, red wine vinegar, vegetable broth, bay leaf, ground cloves, rosemary, sugar and salt. Stir to combine and heat ingredients evenly.
3. Once heated, reduce to heat to low and cover with lid. Simmer for up to two hours.

Cooking Tip: Simmer for about 30 minutes for shorter cooking time, crunchier texture to the vegetables and a milder flavour. Simmer for 1-2 hours for a softer texture and flavour.

Nutrition information (per cup):

130 calories, Fat 6 g (9% DV), Carbohydrate 18 g (6% DV), Fibre 4 g (16%), Protein 2 g, Sodium 270 mg (11% DV), Sugars 11 g, Calcium (8% DV), Vitamin A (30% DV), Vitamin C (130% DV), Iron (8% DV)

Recipe adapted from *The Daring Gourmet* at

<http://www.daringgourmet.com/2014/07/23/traditional-german-rotkohl-sweet-sour-red-cabbage>