



Because Life Should Be Beautiful™

Cabbage

The word cabbage is a derivation of the French word caboche, a colloquial term for "head". Cabbage itself comes in many forms. The shapes can be flat, conical or round. The head compact or loose, and the leaves curly or plain.

Cabbage sliced or cooked, can be one of two things. Deliciously crisp with a mild pleasant flavor, or over cooked and horrible. Cabbage and other brassicas contain the chemical hydrogen sulphide, which is activated during cooking at the point the vegetable starts to soften. It eventually disappears, but during the in between time, cabbage acquires its characteristic rank smell and flavor. So either cook cabbage briefly, or cook it long and slow, preferably with other ingredients so the flavor can mingle.

There are several types of cabbage. The varieties are savoy, spring greens, green, red, and white. Knowing how to cook them correct is the goal. For green or white cabbages place the shredded leaves in a pan with a pat of butter and a couple of tablespoons water to prevent burning. Cover and cook over a medium heat until leaves are tender, occasionally shaking the pan or stirring. Red cabbage is cooked quite differently and is commonly sautéed in oil or butter and the braised in a low oven for up to 1 1/2 hours with apples, currants, onions, vinegar, sugar and spices.

When growing, cabbage likes full sun and ample water. Fertilize before heads begin to form.

Harvest when the head is firm and has reached adequate size depending on variety and growing conditions. Leaves should be crisp looking and firmly packed. Cabbage maybe refrigerated, tightly wrapped, for about a week at the most.

Cabbage contains a good amount of vitamin C and some vitamin A.

If you love cabbage, but not quite a vegetarian, then try the cabbage roles at either Delancey Street Restaurant in San Francisco or Vladimirs Czechoslovakian Restaurant in Inverness.

At the Alaska State fair last year, the winning cabbages came in at 85 lbs. , 81.4 lbs., and 77lbs. The real long day lengths make it possible.