



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Cabbage

In season:



Summer

Lakota: waḥpéyutapi

Lesson Plan

Objectives

Participants will:

- identify cabbage as a vegetable from MyPlate.
- name 3 main types of cabbage.
- increase knowledge in how to shred cabbage.
- demonstrate the use of cabbage in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Nutrition Facts for cabbage
- Real examples or visuals of the 3 types of cabbage
- Cutting board and knife
- Ruler
- Plastic wrap

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet

Recipe Choices

- Braised Green Cabbage with Garden Vegetables
- Panned Cabbage

Cooking and Food Safety Skill Sheets

- Handwashing
- Washing Fruits and Vegetables
- Knife Safety and Cutting Boards
- Measuring Liquid and Dry Ingredients
- Stove Top Safety

Other Cooking and Food Safety Skills

- Cooking terms – blanch and shred

Supplies for Cabbage Lesson

- Braised Green Cabbage with Garden Vegetables
 - » Cutting boards
 - » Knives
 - » Measuring spoons
 - » Liquid measuring cup
 - » Large pan with lid
 - » Spoon
- Panned Cabbage
 - » Measuring cups
 - » Measuring spoons
 - » Saucepan or skillet with lid
 - » Cutting board
 - » Knife

What You Say:	What you do:
Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is. - It is considered Russia's national food. - Babe Ruth used to put a leaf from this vegetable under his hat during baseball games. - There is a doll named after this vegetable. (Answer: Cabbage.)	- Name off each clue, allow a few guesses before moving on to the next clue. - After someone guesses the answer, or you tell them, show them visuals of Cabbage.
Cabbage is one of the oldest vegetables known. It has been grown for over 4000 years.	
There are 3 major types of cabbage: Green, Red and Savoy Some things to remember about the major types are: Green – This type is grown most often. The color of green cabbage ranges from pale green to dark green. Red – The leaves of this type of cabbage are red or purple with white veins. This cabbage adds color to salads and cooked dishes. Savoy – The leaves of savoy cabbage have a ruffled appearance and are yellow-green in color. This type of cabbage is grown for use in slaws and salads.	If possible, show all 3 types of cabbage, real or visuals.
There are 5 subgroups of vegetables: dark green, red and orange, beans and peas, starchy and others. We need to make sure that we are eating vegetables from each of these groups because each have different vitamins and nutrients in them. Do you know what subgroup cabbage is in? (Answer: Others.)	- See if participants can name the 5 subgroups of vegetables. - Show the Vegetable Subgroup visual. - Call on someone who would like to answer.
Different vegetables come from different part of the plant. Vegetables are either a root, stem, leaf, fruit, flower or seed. What part of the plant do you think cabbage is? (Answer: Leaf.) Do you know why plants need leaves? (Answer: Leaves are the food making part of green plants. Leaves are made to catch light. They have openings that let water and air come in and go out.)	- Show the Parts of a Plant visual. - Call on participants who would like to answer.

What You Say:	What you do:
In South Dakota, cabbage is in season from July to September.	
Have any of you planted cabbage in your garden? Cabbage can be grown from seeds, but most often is transplanted from plants started in cell packs. These small plants should be planted in the garden soon enough that they mature before the heat of summer. It takes about 3 months for cabbage to mature.	Allow discussion.
Space the plants 12 to 24 inches apart in the row. The closer the plants are to each other, the smaller the heads will be. Cabbage can be harvested any time after the solid heads form and before they crack or split. When harvesting, look for heads that are tight and heavy and that do not have insects or decay.	Show a ruler to determine 12 and 24 inches.
Fresh heads of cabbage can be stored in the refrigerator covered loosely in plastic for up to 2 weeks. Do not wash the cabbage before storing.	Demonstrate covering cabbage loosely with plastic.
When purchasing cabbage at the supermarket, choose heads that are firm and dense and that are heavy for their size. Look for shiny, crisp, colorful leaves and cabbage heads that do not have cracks or bruises.	If possible, show a head of cabbage that is firm and dense.
What are some ways that we can use cabbage? (Possible answers: Raw, salads, coleslaw, cooked with pasta, stir fried, soups, wraps, sandwiches and sauerkraut.) When cooking cabbage, cook just until tender to prevent a strong odor and also use stainless steel pots and pans to prevent discoloration.	Allow discussion on the uses for cabbage.
Cabbage can be frozen. It does not need to be blanched before freezing. When we blanch vegetables, we put them in boiling water for a short amount of time and then place them in ice cold water to stop the cooking process. If cabbage is going to be used in recipes that call for cooked cabbage, blanch wedges in water for 3-4 minutes, cool, drain and then place in freezer bags.	Review how to blanch vegetables.



= for adults or older youth

What You Say:	What you do:
One medium head of cabbage (about 2 ½ lbs.) will make about 9 cups of shredded raw cabbage and about 7 cups of cooked cabbage. The top half of a head of cabbage is more tender and shreds better than the bottom half. Because of this, one can cut the head horizontally and use the tender top half raw in salads and slaw and use the less tender bottom half in recipes that call for cooked cabbage.	• Show a 1 cup measuring cup.
To shred cabbage, cut the cabbage into fourths and then crosscut it thinly. This causes the cabbage to shred itself.	• Demonstrate how to shred cabbage using a cutting board and knife.
MyPlate shows us how to eat healthier by dividing a "plate" into 4 food groups and the dairy group is shown as a glass of milk. If we look at the plate, half of it is fruits and vegetables. Cabbage fits into the vegetable group on MyPlate. The amount of vegetables we need each day depends on our age and gender. One cup of chopped or shredded, raw or cooked cabbage counts as 1 cup of vegetables from MyPlate.	• Show the MyPlate visual. • Refer to the MyPlate Daily Vegetable table for age specific servings. • Show a 1 cup measuring cup.
Why would we want to eat cabbage? (Answer: Cabbage is an excellent source of vitamin C and vitamin K.) Vitamin C helps cuts and bruises to heal and helps to keep our gums healthy. Vitamin K helps our blood to clot properly. Cabbage also provides fiber and folate. Cabbage is rich in phytochemicals that help boost our immune system and help to lower the risk of heart disease and certain types of cancer.	• Allow discussion. • Show cabbage nutrition information.
Are you ready to make a recipe using cabbage? What is the first thing we need to do before preparing food? (Answer: Wash our hands.)	• Review Handwashing skill sheet.

Use this page if you are going to prepare Braised Green Cabbage with Garden Vegetables

Equipment List

- Cutting boards
- Measuring spoons
- Large pan with lid
- Knives
- Liquid measuring cup
- Spoon

What You Say:	What You Do:
Today we are going to be making Braised Green Cabbage with Garden Vegetables. Let's read through the recipe together before we begin.	• Pass out the recipes and read aloud.
What is the first thing we want to do to the vegetables? (Answer: Wash them.)	• Review Washing Fruits and Vegetables skill sheet.
We are going to shred the cabbage. Does anyone remember from the lesson, how we can shred cabbage? (Answer: Cut the cabbage into quarters and then crosscut it thinly into shreds.)	• Allow discussion. • Review Knife Safety and Cutting Boards skill sheet.
What kind of measuring cup are we going to use for the oil and water or chicken stock? (Answer: A liquid measuring cup.)	• Review Measuring Liquid and Dry Ingredients skill sheet.
We will be adding the cabbage by the handful and stirring for about 30 seconds before adding another handful. When all the cabbage is added to the pot, we will add the liquid, cover and cook for about 10 minutes. How will we be able to tell when the cabbage is done? (Answer: When almost all of the liquid has cooked away.)	• Review Stove Top Safety skill sheet.

Use this page if you are going to prepare Panned Cabbage

Equipment List

- Measuring cups
- Measuring spoons
- Saucepan or skillet with lid
- Cutting board
- Knife

What You Say:	What You Do:
Today we are going to be making Panned Cabbage. Let's read through the recipe together before we begin.	• Pass out the recipes and read it aloud.
We will be using the stove top to make this recipe.	• Review Stove Top Safety skill sheet.
The cabbage is going to be finely shredded for this recipe. Does anyone remember from the lesson how we can shred cabbage? (Answer: Cut the cabbage into quarters and then crosscut it thinly into shreds.)	• Call on someone who would like to answer.
We will be using a knife and cutting board to do this task.	• Review Knife Safety and Cutting Board skill sheet.
Why do we need to cover the pan after the cabbage has been added? (Answer: To hold in the moisture.)	

Visuals



Green cabbage that is still growing



Savoy cabbage has wrinkly leaves



Red cabbage that has been cut in half and shredded



Chinese or Napa cabbage, growing in a garden



Ornamental cabbages are not usually eaten. The leaves are edible but can have a bitter taste.

Cabbage Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (International Units)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Cabbage, green, raw, chopped	1 cup/ 89 g	21	2.0	2%	29	219	38
Cabbage, green, cooked	½ cup/ 75 g	16	1.4	60	15	73	15
Cabbage, red, raw, chopped	1 cup/ 89 g	28	1.9	781	51	216	16
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)

Cabbage Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/panned-cabbage

Clues

- canr.msu.edu/news/cabbage_and_the_science_behind_them

Cabbage Information

- snaped.fns.usda.gov/seasonal-produce-guide/cabbage
- canr.msu.edu/news/cabbage_and_the_science_behind_them
- fruitsandveggies.org/fruits-and-veggies/green-cabbage/
- snap-ed.michiganfitness.org/
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- nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/cabbage
- pickyourown.org/SDharvestcalendar.htm

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SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

In season:



Summer

Cabbage

Lakota: waḥpéyutapi

Pick it!

Cabbage is cheap and widely used.

Harvest large, unsplit heads that are tight and heavy.

Heads are solid, glossy and light green or purple in color.

Stem end should be trimmed and not dry or split.

Do not rinse; cover loosely with a plastic bag.

Fresh heads can be stored in the refrigerator up to 2 weeks.

Nine cups of shredded raw cabbage will result in 7 cups cooked.

Top half is more tender and shreds easier than the bottom.



Try it!

Delicious raw in salads and coleslaw.

Can be steamed, boiled, microwaved or stir fried.

Add to pasta, soups, stews or make sauerkraut.

Cook just until tender using stainless steel pots.

Over cooking results in a strong cabbage odor.



Types of Cabbage

Green: Mild, crisp, dark outer leaves, pale inner leaves

Savoy: Thin, rich flavor, mild smell

Red cabbage: Smaller, denser, tougher leaves, adds color to raw dishes, when cooked add vinegar/lemon to retain color



Did you know...

Cabbage is rich in vitamin K. It's known for helping blood clot and bone health. It's found in cabbage, cauliflower, spinach and other green leafy vegetables.

Like it!

Braised Green Cabbage with Garden Vegetables

Ingredients

- 1 head green cabbage, shredded
- 1 medium onion, chopped or 4 green onions with tops, chopped
- 1 medium bell pepper, cut into ½-inch squares
- 1 teaspoon crushed red pepper flakes (optional)
- ½ teaspoon garlic powder
- ¼ cup olive oil
- 1 cup water or chicken stock
- salt and pepper to taste

Directions

1. Cut cabbage into quarters and shred thinly. Chop onion and bell pepper and set aside.
2. Begin to warm a large 5-quart pan on the stove. Once hot, add oil, onion and bell peppers. Stir for 1 minute.
3. Add half of the shredded cabbage and stir for 30 seconds. Add crushed red pepper and garlic powder and stir until combined.
4. Add two handfuls of cabbage and stir for 30 seconds. Continue this step until all the cabbage is in the pot.
5. Add water or chicken stock, cover, and continue cooking for 10 minutes. Stir occasionally to keep from sticking. Add more water if necessary.
6. When cabbage is done, almost all of the liquid will have cooked away.

Yields 6 servings

Nutrition Facts per Serving:
Calories 160; Fat 10g; Cholesterol 0mg; Sodium 45mg;
Carbohydrates 14g; Fiber 5g; Sugar 8g; Protein 3g

Panned Cabbage

Ingredients

- 1 ½ teaspoons butter (or margarine)
- 4 cups cabbage finely shredded
- ⅛ teaspoon salt
- Pepper to taste
- 2 Tablespoons water
- 1 Tablespoon lemon juice

Directions

1. Melt butter or margarine in a heavy saucepan or skillet.
2. Add cabbage and sprinkle with salt and pepper. Add water and cover the pan.
3. Cook over low heat until cabbage is tender, 6-8 minutes, stirring occasionally.
4. Add lemon juice and serve.

Yields 4 servings

Nutrition Facts per Serving:
Calories 32; Fat 2g; Cholesterol 4mg; Sodium 87mg;
Carbohydrates 4g; Fiber 2g; Sugar 2g , added sugars
included 0g; Protein 1g

Source: myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/panned-cabbage

**Find more recipes
and videos at
extension.sdstate.edu**

Lakota word translated by Jeshua Estes.

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