



GTCG WEEKLY

Recipes, Garden Pests and TidBits

Newsletter

Issue #9

Cabbage

[Scientific name: Brassica Oleracea Var. Capitata]

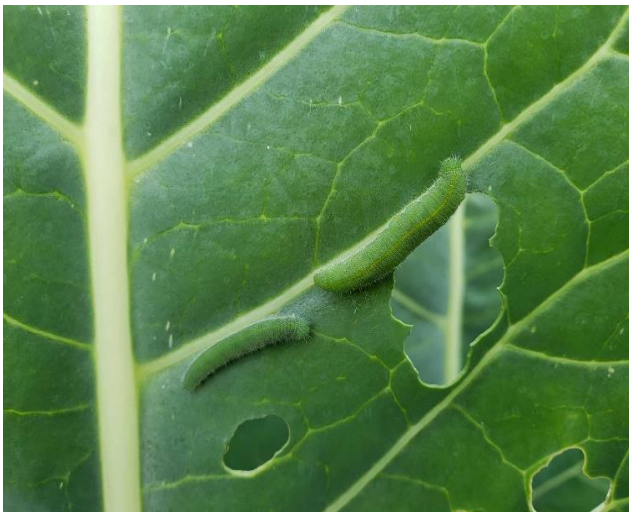
GROWTH

Cabbage is a member of the mustard family and grows best in cool weather, so you can plant cabbage in early July and expect to harvest it until late October. It takes between 60 and 100 days to mature.

DISEASES/PESTS

Cabbage worms are velvety, green larvae and can be found eating holes in cabbage leaves. Although cabbage leaves can withstand much leaf loss, these worms can cause damage in the early growth phases of cabbage. Here are some tips to get rid of cabbage worms:

- Handpick cabbage worm eggs from leaves.
- Dampen cabbage leaves and sprinkle with cornmeal, which can cause worm death.



HISTORY

Cabbage is believed to have originated in Europe as far back as 1000 B.C. It was considered a table luxury in the Roman Empire.



PRESERVATION

Freezing cabbage is one method of preservation. Read below for instructions: Wash cabbage and cut into desired size.

- Bring one pot, filled $\frac{2}{3}$ full with water, to a boil.
- While the water is heating, prepare a bowl of ice water.
- Add cabbage to boiling water for one to two minutes. Once the cabbage has been blanched, transfer it to the ice bath for one to two minutes.
- Drain, then package and freeze.

Recipe of the Week

Kimchi



INGREDIENTS

- 1 ½-2 pounds of cabbage
- ¼ cups iodine-free salt (such as canning salt)
- 2 tablespoons soy sauce
- 4-8 garlic cloves
- 1-inch piece of gingerroot, diced
- 1 to 5 tablespoons red pepper flakes (depending on amount of spice desired)
- 1 teaspoon sugar
- 8 ounces radish, sliced
- 5 green onions, diced
- ¼ red onion, sliced

CONSUMPTION

You can consume cabbage raw, in soups/stews, in dishes such as pasta and casseroles, and fermented in kimchi. After purchasing or harvesting cabbage, clean leaves and place them in a plastic bag of a crisper drawer in your refrigerator for up to two months.

DIRECTIONS

1. Core the cabbage to remove the tough center. Cut the remaining leaves into 2-by-2-inch squares or about 2-inch wide strips. In a bowl, sprinkle the salt onto the cabbage. Massage and work the salt into the cabbage for several minutes. The cabbage should begin to get soft. After it starts to soften, add enough water to cover the cabbage and use a plate to fully submerge the cabbage in the salt brine. Let the cabbage sit in the brine for one to two hours.
2. Wash the cabbage under cold water three times and then drain in a colander for 15 to 20 minutes to remove any excess water.
3. In a separate bowl, mix the soy sauce, garlic, ginger, sugar and red pepper flakes.
4. Press the cabbage one last time to drain water and then mix it into the spice mixture. Add the green onions, onions and radish. Mix the mixture with your hands (in plastic gloves) to evenly spread spice. Wear plastic gloves to prevent burnings from spices.
5. Pack the mixture into a tall container. Push the mixture down as much as possible. The brine that's pushed out should cover the vegetables.
6. Let the container sit with a loose cover for one to seven days. Once you are satisfied with the length of fermentation, you can store kimchi in the refrigerator for up to two months.

Makes 12 (½-cup) servings. Each serving has 30 calories, 0 grams (g) fat, 1 g protein, 6 g carbohydrate, 2 g fiber and 115 milligrams sodium.



NDSU

EXTENSION

See www.ag.ndsu.edu/food

Compiled by Clair Frydenland and Anna Seefeldt, NDSU dietetic interns and Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist

The NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work of commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons