



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Cabbage

*Lakota: waḥpéyutapi*

## Preschool Lesson Plan

### Objectives

Participants will:

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

### Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant Visual
- Cabbage visuals
- Actual cabbage if possible

### Handouts or Take Home Items

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

### Recipe Choice

- Braised Green Cabbage with Garden Vegetables

### Cooking and Food Safety Skill Sheets

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

### Supplies for Cabbage Lesson

- Braised Green Cabbage with Garden Vegetables
  - » Cutting boards
  - » Knives
  - » Measuring spoons
  - » Liquid measuring cup
  - » Large pan with lid
  - » Spoon

What You Say:	What You Do:
<p>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.</p> <ul style="list-style-type: none"> <li>• It is considered Russia's national food.</li> <li>• Babe Ruth used to put a leaf from this vegetable under his hat during baseball games.</li> <li>• There is a doll named after this vegetable.</li> </ul> <p>(Answer: Cabbage.)</p>	<ul style="list-style-type: none"> <li>• Name off each clue, allow a few guesses before moving on to the next clue.</li> <li>• After someone guesses the answer, or you tell them, show them visuals of cabbage.</li> </ul>
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruits and vegetables each, every day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruits and vegetables each, every day.</p> <p>One cup of chopped or shredded, raw or cooked cabbage counts as 1 cup of vegetables from MyPlate.</p>	<ul style="list-style-type: none"> <li>• Point to the MyPlate poster.</li> </ul>
<p>Cabbage is one of the oldest vegetables known. It has been grown for over 4,000 years.</p>	
<p>There are 3 major types of cabbage: Green, Red and Savoy.</p> <p>Some things to remember about the main types are:</p> <ul style="list-style-type: none"> <li>• Green: this type is grown most often. It's color can range from a pale to a dark green.</li> <li>• Red: the leaves of this type of cabbage are red or purple with white veins. This cabbage adds color to salads and cooked dishes.</li> <li>• 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.</li> </ul>	<ul style="list-style-type: none"> <li>• If possible, show all 3 types of cabbage – real or visuals.</li> </ul>
<p>There are five subgroups of vegetables: dark green, red and orange, beans and legumes, 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.</p> <p>Do you know what subgroup cabbage is in?</p> <p>(Answer: Others.)</p>	<ul style="list-style-type: none"> <li>• See if participants can name the 5 subgroups.</li> <li>• Call on someone who would like to answer.</li> </ul>

What You Say:	What You Do:
<p>Different vegetables come from different parts of the plant. Vegetables are either a root, stem, leaf, fruit, flower or seed. What part of the plant do you think cabbage is?</p> <p>(Answer: Leaf.)</p> <p>Do you know why plants need leaves?</p> <p>(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.)</p>	<ul style="list-style-type: none"> <li>• Show the Parts of a Plant visual.</li> <li>• Call on participants who would like to answer.</li> </ul>
<p>In South Dakota, cabbage is in season from July to September.</p>	
<p>Have any of you planted cabbage in your garden?</p> <p>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 three months for cabbage to mature.</p>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> </ul>
<p>Fresh heads of cabbage can be stored in the fridge covered loosely in plastic for up to 2 weeks. Do not wash the cabbage before storing.</p>	<ul style="list-style-type: none"> <li>• Demonstrate covering cabbage loosely with plastic.</li> </ul>
<p>When purchasing cabbage at the store, choose heads that are firm and dense and that are heavy for their size. Look for shiny, crisp, colorful leaves, and cabbage heads that don't have cracks or bruises.</p>	<ul style="list-style-type: none"> <li>• If possible, show a head of cabbage that is firm and dense.</li> </ul>
<p>What are some ways that we can eat cabbage?</p> <p>(Possible answers: Raw, salads, coleslaw, cooked with pasta, stir fried, soups, wraps, sandwiches, as sauerkraut.)</p> <p>When cooking cabbage, cook just until tender to prevent a strong odor and also use stainless steel pots and pans to prevent discoloration.</p>	<ul style="list-style-type: none"> <li>• Allow discussion on the uses for cabbage.</li> </ul>
<p>One medium head of cabbage is about 2.5 pounds and will make about 9 cups of shredded raw cabbage and about 7 cups of cooked cabbage.</p> <p>The top part of a head of cabbage is more tender and shreds better than the bottom part. Because of this, you can cut the head horizontally and use the tender top part raw in salads and slaw and use the less tender bottom part in recipes that call for cooked cabbage.</p>	<ul style="list-style-type: none"> <li>• Show a 1 cup measure.</li> </ul>

What You Say:	What You Do:
<p>To shred cabbage, cut the cabbage into fourths and then cut the other way thinly. This will cause the cabbage to shred itself. You can also have an adult shred it in a food processor.</p>	<ul style="list-style-type: none"> <li>• Demonstrate how to shred cabbage using a cutting board and knife.</li> </ul>
<p>Why would we want to eat cabbage?          (Answer: Cabbage is an excellent source of vitamin C and vitamin K.)</p> <p>Vitamin C helps cuts and bruises to heal and helps to keep our gums healthy. Vitamin K helps keep our blood healthy. Cabbage also provides fiber and folate to keep our tummies happy.</p>	<ul style="list-style-type: none"> <li>• Allow discussion.</li> </ul>
<p>Are you ready to make a recipe using cabbage?</p> <p>What is the first thing we need to do before preparing food?          (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> <li>• Review Handwashing skill sheet.</li> </ul>



# 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.	<ul style="list-style-type: none"> <li>• Read aloud the recipe.</li> </ul>
What is the first thing we want to do to the vegetables? (Answer: Wash them.)	<ul style="list-style-type: none"> <li>• Review Washing Fruits and Vegetables skill sheet.</li> </ul>
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.)	<ul style="list-style-type: none"> <li>• Allow discussion.</li> <li>• Review Knife Safety and Cutting Boards skill sheet.</li> </ul>
What kind of measuring cup are we going to use for the oil and water or chicken stock? (Answer: A liquid measuring cup.)	<ul style="list-style-type: none"> <li>• Review Measuring Liquid and Dry Ingredients skill sheet.</li> </ul>
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.)	<ul style="list-style-type: none"> <li>• Review Stove Top Safety skill sheet.</li> </ul>

## 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)
<b>Cabbage, green, raw, chopped</b>	1 cup/ 89 g	21	2.0	2%	29	219	38
<b>Cabbage, green, cooked</b>	½ cup/ 75 g	16	1.4	60	15	73	15
<b>Cabbage, red, raw, chopped</b>	1 cup/ 89 g	28	1.9	781	51	216	16
<b>Daily Recommendations</b> <b>RDA=Recommended daily allowance</b> <b>AI=Adequate intake</b>	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)



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# CABBAGE



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents

# Cabbage Sources

## Recipe

- [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/panned-cabbage](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/panned-cabbage)

## Clues

- [canr.msu.edu/news/cabbage\\_and\\_the\\_science\\_behind\\_them](https://canr.msu.edu/news/cabbage_and_the_science_behind_them)

## Cabbage Information

- [snaped.fns.usda.gov/seasonal-produce-guide/cabbage](https://snaped.fns.usda.gov/seasonal-produce-guide/cabbage)
- [canr.msu.edu/news/cabbage\\_and\\_the\\_science\\_behind\\_them](https://canr.msu.edu/news/cabbage_and_the_science_behind_them)
- [fruitsandveggies.org/fruits-and-veggies/green-cabbage/](https://fruitsandveggies.org/fruits-and-veggies/green-cabbage/)
- [snap-ed.michiganfitness.org/](https://snap-ed.michiganfitness.org/)
- [extension.illinois.edu/veggies/cabbage.cfm](https://extension.illinois.edu/veggies/cabbage.cfm)
- [nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/cabbage](https://nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/cabbage)
- [pickyourown.org/SDharvestcalendar.htm](https://pickyourown.org/SDharvestcalendar.htm)

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture.

Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

© 2024, South Dakota Board of Regents





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](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/panned-cabbage)

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

*Lakota word translated by Jeshua Estes.*

This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

SDSU Extension is an equal opportunity provider and employer in accordance with the nondiscrimination policies of South Dakota State University, the South Dakota Board of Regents and the United States Department of Agriculture. Learn more at [extension.sdstate.edu](https://extension.sdstate.edu).

S-0001-10

© 2024, South Dakota Board of Regents