



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Cabbage

In season:



Summer

Preserve it
to enjoy year
round!

Canning

The National Center for Home Food Preservation does not recommend canning cabbage.



Freezing

Process: Water Blanch

- Select fresh, solid heads
- Remove course leaves
- Separate head into leaves
- Boil in water for 1 ½ minutes
- Cool in cold water
- Drain
- Pack leaving ½ inch headspace
- Seal and freeze

Drying

Process: Dehydrator

- Wash, quarter and core cabbage
- Cut into ¼ inch strips
- Steam for 2 ½-3 minutes, until wilted
- Set dehydrator to 140 degrees F
- Arrange strips in single layer on drying racks
- Rotate slices and racks during drying process
- Dry 10-12 hours



Sips/Tricks:

Green cabbage takes well to all cooking methods while purple cabbage is best consumed raw.

For more information, visit: nchfp.uga.edu

Sauerkraut

Ingredients

- 25 pounds cabbage
- $\frac{3}{4}$ cup canning or pickling salt

Directions

1. Start working with 5 pounds of cabbage at a time. Discard outer leaves and rinse the heads under cold running water.
2. Cut heads in quarters and remove cores. Shred or slice to a thickness of $\frac{1}{8}$ inch or less.
3. Put cabbage in a food-grade plastic pail or crock and add 3 tablespoons salt and mix thoroughly. Pack firmly until salt draws juices from cabbage.
4. Repeat process until the 25 pounds of cabbage is in the container.
5. Make sure there is 4 to 5 inches of container above the cabbage. If juice does not cover cabbage, add boiled and cooled brine (1 $\frac{1}{2}$ tablespoons of salt per quarter of water).
6. Add plate and weights to keep cabbage under liquid and cover the container with a clean bath towel. Store at 70° to 75°F while fermenting for 3 to 4 weeks, removing scum that forms 2 to 3 times a week.
7. When fermentation is done, pack quart jars with kraut and cover with juices, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel.
8. Secure lids and process in a boiling water bath canner for 25 minutes (altitudes above 1,000 feet require an increase in processing time, see [Altitude Adjustments for Home Canning](#) on the SDSU Extension website).

Yield: Makes about 9 quarts

Source: [University of Minnesota Extension](#)

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and videos at
extension.sdstate.edu**