



In season:



Summer

Preserve it to enjoy year round!

Cabbage

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 ½ 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



Tips/Tricks:

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

For more information, visit: nchfp.uga.edu

This document is to serve as supplemental material for those already knowledgeable on how to safely preserve food and should not serve as a guide to someone completely new to food preservation methods. For further guidance, go to: extension.sdstate.edu/food/preservation

Sauerkraut

Ingredients

- 25 pounds cabbage
- 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 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 ½ 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 <u>Altitude Adjustments for Home Canning</u> on the SDSU Extension website).

Yield: Makes about 9 quarts

Source: University of Minnesota Extension

Find more recipes and videos at extension.sdstate.edu

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