



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Cabbage

*Lakota: waḥpéyutapi*



## Pick it!

Harvest large,  
unsplit heads  
that are tight  
and heavy.

## Try it!

Enjoy raw,  
steamed, boiled,  
microwaved or  
add to pasta,  
soups and stews.

## Like it!



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

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S-0001-10

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Lakota word translated by Jeshua Estes.





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)**

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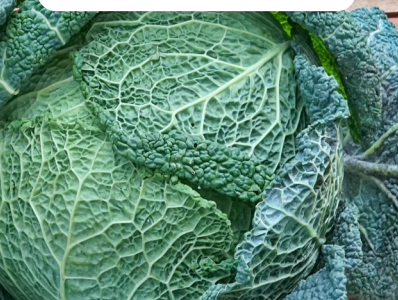
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# Cabbage

*Lakota: waŋpéyutapi*

- Choose large, tight unsplit heads.
- Heads should be heavy and free of decay.
- Store uncut in the refrigerator up to 2 weeks.
- Cover loosely with plastic.
- Do not rinse before storing.
- Prepare raw, steamed, boiled or stir-fried; add to pasta or soup.
- Use stainless steel pots
- Cook just until tender; overcooking will result in a strong odor.
- The top portion is best for slaw; bottom half is best for cooking.
- One 2 ½ lb. head yields 9 cups raw shredded cabbage.

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## 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 teaspoon 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)



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# Cabbage

In season:



Summer

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## Sampling Display Instructions

### Braised Green Cabbage with Garden Vegetables

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 2 Tablespoon serving			
Green cabbage, shredded	½ head	¾ head	1 head
Onion, chopped	½ medium or 2 green	1 small or 3 green	1 medium or 4 green
Bell pepper, cut into ½ in. squares	1 small	1 medium	1 large
Crushed red pepper flakes	½ teaspoon	¾ teaspoon	1 teaspoon
Garlic powder	¼ teaspoon	⅓ teaspoon	½ teaspoon
Olive oil or peanut oil	2 Tablespoons	3 Tablespoons	¼ cup
Water or chicken stock	½ cup	¾ cup	1 cup
Salt and pepper	To taste	To taste	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.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/watch?v=EXyKf8-eiVM](https://youtube.com/watch?v=EXyKf8-eiVM)



### Notes:

- Prepare Braised Cabbage with Garden Vegetables. Slightly undercook so that it keeps its structure. Place in slow cooker and transport to the store. Keep heated.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on a small plate. Ask parent's permission before children may sample.
- Ask them if they use cabbage often in their meals. Ask them if they could use this recipe.
- Point out that cabbage is a very economical vegetable.
- Lakota word translated by Jeshua Estes.

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# Cabbage

**In season:**



**Summer**

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## Sampling Display Instructions

### Panned Cabbage

Ingredients	24 Samples	32 Samples	48 Samples
Butter (or margarine)	1 teaspoon	1 ½ teaspoons	2 teaspoons
Cabbage, finely shredded	3 cups	4 cups	6 cups
Salt	Pinch	⅛ teaspoon	¼ teaspoon
Pepper	To taste	To taste	To taste
Water	4 ½ teaspoons	2 Tablespoons	¼ cup
Lemon juice	1 ¾ teaspoons	1 Tablespoon	2 Tablespoons

### 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.

### Materials needed:

- Table/tablecloth
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- Ingredients used in the recipe
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### Notes:

- Prepare Panned Cabbage. Slightly undercook so that it keeps its structure. Place in slow cooker and transport to the store. Keep heated.
- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on a small plate. Ask parent's permission before children may sample.
- Ask them if they use cabbage often in their meals. Ask them if they could use this recipe.
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