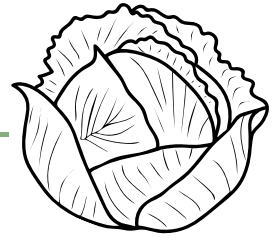


CABBAGE



GENERAL INFORMATION

An uncut, tightly wrapped cabbage can be kept for 2 weeks in the fridge. Cabbage can be microwaved, shredded, pickled, baked, steamed, or boiled. After cooking or cutting, cabbage should be used within 3-5 days. Fresh or cooked cabbage can be stored in the freezer for 10-12 months.



NUTRITION BENEFITS

- Rich in vitamin C and vitamin K
- Excellent source of fiber which supports digestive health
- Low in calories and saturated fat

GROWING TIPS AND CONSIDERATIONS

- Recommended varieties: Blue vantage, Rio verde, Blue dynasty, Cheers, and Stonhead
- Grow 18-24 inches apart
- Start seeds in a tray to transplant
- Make sure your cabbage has tons of room to develop the heads!
- Plant onions, radishes, and nasturtiums near cabbage to help deter pests

COOKING WITH CABBAGE

Enjoy this simple, flavorful side dish that comes together quickly for an easy weeknight dinner addition!



Lemon Garlic Sautéed Cabbage

1. Heat a large, non-stick pan over medium-high heat. Once hot, add **1 Tbsp of olive oil** and **1 medium onion**, thinly sliced. Sauté until onion is translucent (2-3 minutes).
2. Add **1 whole cabbage, shredded**, and cook until it is softened and lightly browned (5-7 minutes).
3. Add **1/4 tsp red pepper flakes**, **1/2 tsp kosher salt**, **1/4 black pepper**, and **5 cloves of minced garlic**, stirring to combine.
4. Remove from the heat and add the **juice of half a lemon** and **1/2 cup finely chopped cilantro** leaves, stir, and enjoy!

Scan the code below for a copy of the full recipe.