

# KEWEENAW GROWN FOOD CABBAGE



## PEAK SEASON

Early summer through early fall.

## HOW TO SELECT & STORE

Choose cabbage that is firm and dense. The leaves should be shiny, crisp and colorful. Avoid leaves that have large bruises or cracks (if minor, just peel or cut away that area).

Refrigerate cabbage for up to seven days.

## HEALTH BENEFITS

Cabbage is a good source of calcium, vitamin A, C, and E, and several B vitamins. Green cabbage is also a rich source of Vitamin K.

Some research suggests cabbage has anti-inflammatory and antioxidant effects. Fresh cabbage appears to have a higher antioxidant load than fermented cabbage. Red cabbage contains the highest concentration of total antioxidants.

## WAYS TO USE

**Savory** - Drizzle with olive oil and roast in the oven for crispy, sweet cabbage wedges. Add to stir-fry for a creative and crunchy addition. Add to stews or soups for extra veggies. Add sliced cabbage to hash browns for a healthy twist! Try fermenting to make sauerkraut or kimchi (a spicy Korean dish made of fermented cabbage and veggies). Use the leaf as an alternative to a tortilla for wraps or enchiladas.



# KEWEENAW GROWN FOOD



Portage Health Foundation believes a vital factor to a healthier tomorrow involves improved access to fresh, nutritious and locally sourced foods. Better yet, the knowledge of what to do with those foods once you've got them. This is where the Keweenaw Grown Food series steps in. This series includes recipes and educational flyers that feature information on peak season, how to select/store, health benefits and ways to use different types of fresh, locally grown food.

The Keweenaw Grown Food Series has been developed to meet an emerging need in the community for information on how to grow, cook, and eat nutritious and seasonal foods. The resources from this series are intended to be widely distributed and utilized throughout our community.

Our hope is that these will become tools that can be used (and enjoyed!) on an individual, family, group, and community level and will cultivate a culture of health through seasonal and healthful cooking. You can download PDFs of all items at [phfgive.org/food](http://phfgive.org/food).



**PHFoundation**  
FOOD SERIES

Portage Health Foundation is passionate about making a difference when it comes to food in Baraga, Houghton, Keweenaw and Ontonagon counties. PHF's Food Initiative is two-fold. First, the food initiative aims to improve

access to locally grown and healthful foods within our community. Second, it provides educational resources and tools to promote sustainable changes to eating and lifestyle habits for all.

If you want to support this cause, you can make a monetary donation, contact us about potential volunteer opportunities regarding our food initiative, or subscribe to our quarterly Food Initiative email newsletter by visiting our website.

**VISIT [PHFGIVE.ORG/FOOD](http://PHFGIVE.ORG/FOOD)**