1 cup of Cabbage contains:
- 18 calories
- 4g of Carbohydrates
- 1.6g Fiber
- 33mg Calcium

1 cup of cabbage also contains almost 100% of your recommended daily intake for Vitamin K, and 50% of Vitamin C. These vitamins are great for bone health and your immune system!

Cabbage is available in Southeastern NC from May through December.

For more Cabbage recipes visit: www.pender.ces.ncsu.edu

German style Cabbage
8 servings

Ingredients:
- 2 lbs cabbage, shredded
- 1 qt chicken stock
- 1 qt fish stock
- 2 tbsps ground caraway seeds
- 1 tbsp juniper berries
- 1 tbsp peppercorns
- 2 sprigs fresh thyme
- 3 bay leaves
- 2 oz Dijon mustard
- 3 oz sugar
- 1/2 cup white wine vinegar

Method of Preparation:
Wash hands.
Gather ingredients and equipment.
In sauce pan, mix cabbage, stocks, and caraway seeds.
Wrap berries, peppercorns, thyme, and bay leaves in cheese cloth and tie off so they don’t spill out.
Place spice packet in with cabbage.
Mix mustard, sugar, vinegar, and pepper into cabbage.
Simmer over low heat about 15 minutes or until tender.
Strain and serve.