

Cabbage

Nebraska Seasonal Produce Guide

Cabbage originated nearly 2,000 years ago in the Mediterranean region. There are many types of cabbage grown in the world. Varieties of cabbage include red cabbage, bok choy, and napa cabbage, among other varieties.



Why Should I Eat This?

Cabbage is high in vitamin C, which helps heal cuts and wounds. It is also a good source of fiber, which helps to maintain bowel function.



Proper Storage

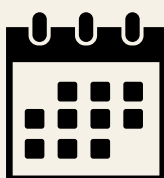
Store unwashed cabbage head in a plastic bag in the refrigerator for up to one week. Once the head of cabbage has been cut, put the remainder in a plastic bag and use it within two days.

Make a Good Selection

Choose firm heads of cabbage that have glossy, light green leaves and are not damaged. The stem end should look healthy, trimmed, and not dry or split.

How Could I Use This?

- Add cabbage to your side salad
- Use green and red cabbage in a coleslaw
- Try cabbage steamed, boiled, microwaved, or stir-fried
- Add to pasta dishes
- Add it to homemade soup or stew
- Try adding cabbage to a casserole
- Create a traditional Polish dinner called Golumpki, which is ground beef or pork wrapped in cabbage leaves.



Seasonal Availability in Nebraska

Harvest Season: June through November

Market Availability: June through November



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