European Cabbages

We grow several varieties of European cabbages, with different textures, shapes & colors. There’s ordinary smooth-leaved cabbage, & Savoy which has crinkly leaves; there’s the usual round-headed, & a new cone-shaped variety called caraflex; there’s green, & purple or “red” cabbage. Cabbage is an excellent source of Vitamin C & fiber; it shows up in a wide variety of cool, refreshing summer recipes & on hearty winter menus. Any size cabbage is great for use in cole slaw or added to salads, for steaming, sautéing or frying, or for soup or sauerkraut. For stuffed cabbage you need a bigger head with large leaves to wrap around the filling.

(pictured above: an array of green & purple cabbages out in the vegetable patch, all “heading up” as they grow -- both Savoy (top left, bottom center & bottom right) & smooth)