

Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

BABY CABBAGES



Presented by
Harford County
Master
Gardeners
and
Family &
Consumer
Sciences
Educator

Crunchy Pak Choi Slaw

Ingredients

1/4 cup rice vinegar
1 tablespoon toasted sesame oil
2 teaspoons sugar
2 teaspoons Dijon mustard
1/8 teaspoon salt
6 cups very thinly sliced pak choi
2 medium carrots, shredded
2 scallions, thinly sliced



Directions

Whisk vinegar, oil, sugar, mustard, and salt in a large bowl until the sugar dissolves. Add pak choi, carrots, and scallions; toss to coat with the dressing. Chill and serve.

*Nutrition info per serving (serves 8):
Calories 34; Total Fat 2g; Saturated Fat 0g; Carbs 4g; Sodium 37mg; Protein 1g.*

Roasted Baby Cabbage

Ingredients

1 head of baby green cabbage, washed, sliced into 3/4" wedges
1 tablespoon olive oil
1/8 teaspoon salt
Ground black pepper to taste
Optional Toppings: cheese crumbles, shredded Parmesan, or roasted red peppers



wedges on baking sheet and drizzle 1/2 tablespoon olive oil over one side of the cabbage wedges. Sprinkle with salt and pepper. Roast for 15 minutes, then carefully flip the cabbage wedges over and roast for an additional 12 to 15 minutes more. Enjoy as is or sprinkle with additional toppings.

*Nutrition info per serving (serves 4):
Calories 176; Carbs 13g; Protein 3g; Fat 2g; Sodium 37mg.*

Directions

Heat oven to 425 degrees F. Lay cabbage

Cabbage Pancake

Ingredients

8 oz. cabbage, washed and finely shredded
2 eggs
1/8 cup chopped dill
Salt to taste
1/4 cup flour
1 tablespoon oil



over medium heat. Add the cabbage mixture, and flatten it with a spoon until it is about 1 inch thick. Cover the pancake with a lid and cook for about 5 to 7 minutes. Flip with the help of a plate, and then cook it for another 5 to 7 minutes. Serve immediately.

Directions

Place cabbage into a mixing bowl. Add the eggs, salt, and dill. Stir well. Add the flour and stir again. Heat the oil in a non-stick skillet

*Nutrition info per serving (serves 2):
Calories 215; Carbs 19g; Protein 9g; Fat 12g; Saturated Fat 2g; Sodium 403mg.*



Recipes courtesy of Harford County Master Gardeners. Images from allrecipes.com and MGs.

Who said this?

"From now on, you must eat cabbage three times a day. Mountains of cabbage! And if it's got caterpillars in it, so much the better!" - *Roald Dahl, children's author, from George's Marvelous Medicine*

"The time has come," the walrus said, "to talk of many things: of shoes and ships and sealing wax - of cabbages and kings."

- *Lewis Carroll from The Walrus and the Carpenter*

"Peter lost one of his shoes among the cabbages, and the other shoe amongst the potatoes." - *Beatrix Potter from The Tale of Peter Rabbit*

What do you call Chinese cabbage that composes music?
A: *Bach choy.*

How did the farmer fix his overalls?
A: *With a cabbage patch.*

Believe It or Not!

1. What is pak choi? This member of the cabbage family has a number of different names, including pak choi, bok choy, horse's ear, Chinese celery cabbage and white mustard cabbage.
2. Believed to represent good luck, prosperity, and blessings of a long life for elders, pak choi is often served in flavorful sauces or stir-fries.
3. Pak choi is native to China where it has been cultivated for over six thousand years!
4. The name "bok choy" originated from the Chinese word for "soup spoon" because of the shape of its leaves.
5. Pixie cabbage is a sweet little cabbage, with round, smooth, dense heads only four inches in diameter! It grows quickly and easily without a bit of bitterness, and is perfect for small spaces and even containers. After a harvest of the main head of pixie cabbage, it may produce a second set of side heads.
6. One of the most famous cabbage sayings is "mon petit chou," which translates to "my little cabbage". It is a term of endearment especially for little children.

What are... small cabbages?

Baby cabbages like pak choi and pixie, which the



Pak Choi

Master Gardeners grow at the Eden Mill Demonstration Garden are a delightful addition to any meal. It has white stems with smooth dark green leaves. Pixie cabbage is a space-saving early maturing cabbage that forms tight little five inch heads, a perfect size for a meal. Baby cabbages are very popular in France where they are used in soups, salads, and side dishes. Both pak choi and pixie cabbage can be eaten raw. They are delicious chopped or sliced for salads or tacos. They are equally delicious when sautéed with ginger and soy sauce or with butter and a few caraway seeds. Pak choi and baby cabbages are a cool weather crop; and therefore, can be grown in the spring and in the fall.

Health Benefits

Baby green cabbage is an excellent source of vitamin K, which can help regulate nutrients in the blood, and vitamin C, which is an antioxidant that can boost the immune system. The cabbages are also a good source of vitamin A and fiber, which can regulate digestion, and contain beneficial amounts of potassium, magnesium, calcium, iron, and phosphorus. Bok Choy is also rich in antioxidants.

Scientists have been studying the health benefits of this versatile vegetable. It may have anticancer properties; it may support thyroid function; it may support bone health; and it may promote heart health. Both baby pixie cabbage and Bok Choy are low in fat and calories. Both vegetables add color, flavor, and texture to Asian dishes and traditional American dishes. Because they are available year-round in the grocery store, they make a perfect addition to the week's menu.

Source: [healthline.com](https://www.healthline.com)



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