

homemakers' chat

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U. S. DEPARTMENT
OF AGRICULTURE

Reserve

Wednesday, March 1, 1944

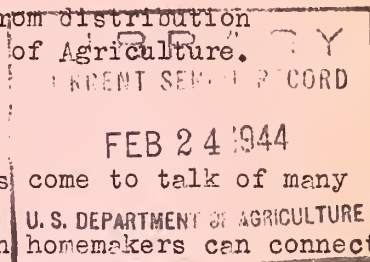
Subject: "CABBAGE -- VICTORY FOOD SELECTION" Information from distribution officials, War Food Administration, U.S. Department of Agriculture.

As the Walrus said in Alice in Wonderland, the time has come to talk of many things. Among those things were cabbages and kings. Modern the two...for cabbage is king of the March dinner table. The largest winter crop of green cabbage ever raised in the United States is on the market now. Cabbage is more abundant than ever before at this time of year...and the War Food Administration has named it Victory Food Selection through March 4.

That's good news to ration-conscious meal-planners...and you're wise if you include cabbage often in your meals while it's plentiful. You'll get an extra dividend in the way of health, for cabbage, though low on the caloric side, is rich in vitamins and minerals. Raw cabbage has lots of vitamin C, for strong bones and teeth. But vitamin C is elusive...it's easily destroyed by heat, and often disappears into the air. And since our bodies don't store vitamin C, we need a daily supply. To make the most of the vitamin C, serve cabbage raw just after slicing, or cook it just long enough to make it tender.

Cabbage has other vitamins, too...some thiamine, some riboflavin, some niacin. We need these vitamins of the B family for steady nerves, good appetite, and general good health. Cabbage that's very green...the kind abundant just now...throws in vitamin A for good measure. That's a vitamin that helps us resist infection, have normal eyesight in dim light, and we also need it for normal growth. Finally, cabbage also has some of the minerals we need for good health...calcium, iron, and some phosphorus.

Packed full of food value, cabbage is an important vegetable...and it's espe-



cially useful in the late winter, when some vegetables are hard to find. Here's the secret of planning meals around cabbage: Serve it in many different ways. Serve it raw, in a variety of salads. Serve it cooked in any number of ways. And remember to use the outer leaves, too.

To make cabbage salad, cut cabbage in quarters, wash thoroughly in cold water. Drain, shred, and set aside in a cold place until crisp. Pour a tart salad dressing over the crisp cabbage...stir until well mixed. And for a change from the usual cole slaw, serve raw cabbage with a hot savoury dressing.

Here are suggestions for different salads using raw cabbage. One favorite is cabbage and apple...it's especially colorful and appetizing when the cabbage is green and the bright red peel is left on the apple. Or combine shredded or chopped cabbage with raisins and shredded carrots for another colorful combination. If you have no raisins, use chopped peanuts instead. Grated onion, chopped raw spinach, diced celery, or hard-cooked eggs also add variety to cabbage salad. And when they're in season, cucumbers, green pepper, or fresh pineapple are food mixers with raw cabbage. You can also vary the dressing...use mayonnaise, French dressing, sour cream, or a dressing flavored with celery seed.

If you must cook cabbage...and often you must...here's how. The main points are: cook it as short a time as possible, in as little water as possible,..and keep it covered. Cut the cabbage in quarters, then cut the quarters in wedges that aren't too thick, or shred the cabbage as for slaw. Add to boiling, salted water...cook briskly until cabbage is tender but firm. Unless you live at a high altitude, this won't take more than seven minutes. Drain...season with salt, pepper, and a little fat. Long cooking develops a strong flavor and smell, and spoils the color and texture. But with short cooking, green cabbage will still be green...white cabbage will be an attractive creamy color...and the taste will be mild and pleasant. Serve it plain...or flavor with bits of meat...or give it a cream sauce.

Panning is a quick and easy, top-of-stove way to cook green cabbage. It's

thrifty of food values, too, for you cook and serve it in its own juices, with just enough fat to season. Here's how to "pan" cabbage: Shred the cabbage in narrow strips. For each cup of cabbage allow two tablespoons fat. Melt the fat in a heavy flat pan...add the cabbage...and cover to hold in the steam. Cook the cabbage over low heat until tender, but not mushy. Stir it occasionally so it won't stick to the pan. When ready to serve, season with salt and pepper. If you're short of ration points for fat, use the drippings from meat, sausage, salt pork, or bacon. And for special flavor, add the crisp bits of meat from fried bacon or salt pork just before serving. Or vary the dish by adding a little chopped onion, or leftover bits of meat, when the cabbage is nearly done.

When cabbage chooses a partner...it may be apples in a scalloped dish. Arrange alternate layers of shredded cabbage and sliced apples and seasonings in baking dish...top with buttered bread crumbs...cover, and bake in a moderate oven until cabbage and apples are tender. Toward the end, remove the cover so crumbs can brown.

Or you may prefer to combine cabbage with ground meat and breadcrumbs in the form of stuffed cabbage, or stuff the leftover outer leaves that way. Or perhaps you'll want to make a hearty one-dish meal with cabbage, spaghetti, and cheese. You can also scallop cabbage and ham, or cabbage and peanuts. Last but not least, don't forget cabbage in hearty vegetable soups and chowders.

You'll doubtless think of other ways to serve cabbage...but be sure to serve it often while it's abundant and a Victory Food Selection. You'll do your family a good turn, when you give them this vitamin-and mineral-rich vegetable...and you'll be helping farmers move the bumper crop.

