

CABBAGE!

"In addition, store the urine of anyone who habitually eats cabbage; warm it, bathe the patient in it. With this treatment you will soon restore health; it has been tested....Thos who cannot see clearly should bathe their eyes in this urine and they will see more."
Cato, 'On Farming' (234-149 B.C.)

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During World War I, American did not want to buy anything with a German-sounding name, so American sauerkraut producers labeled their product as "liberty cabbage" during the war.

Plant Parts and Biology

The cabbage we eat is *Brassica oleracea*. This species is bred into cabbage, broccoli, cauliflower, kale, collards, and brussel sprouts. The actual cabbage we eat is just the leaves of the plant that are folded into a compact head. Although, the leaves are covered in a wax that gives them a gray green or blue green color, cabbage can come in many shades like magenta or red. Cabbage grows naturally, and therefore is common in, countries in the temperate zone (such as Europe, Northern America, and Northern Asia).



History

Cabbage is one of the oldest vegetables cultivated by humans. Pots containing cabbage from as long ago as 4000 B.C. have been found in China. Wild cabbage is a looser leaf variety, resembling kale, and was brought to Europe from Asia by the Celts, where it was cultivated into the modern variety. The Romans, especially Cato, were extremely fond of cabbage for its nutritional and medicinal qualities. He recommended eating cabbage before a night of heavy drinking and the Roman cure for a hangover was to eat more cabbage. Cabbage was often taken aboard 18th century shipping expeditions for nutrition and its medicinal properties.

Nutrition

35 grams (half a cup) of raw common cabbage, shredded, contains 8 calories, 6 mg of sodium, and 2 carbohydrates. It has 0.1 g of fat and protein, so it should be paired with other foods to in order to receive enough amino acids. While this serving of cabbage has 1% of the percent daily value of Vitamin A and iron, it contains 2% of the percent daily value of Calcium. Cabbage is much higher in Vitamin C, which consists of 24% of the percent daily value. Cabbage is good for you because it is low in saturated fat and cholesterol and high in Thiamine, Vitamin B6, Magnesium, Folate, Potassium, and Magnesium. It is also a good source of dietary fiber.

<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2826/2>

Fun Facts

- William Collingwood grew a cabbage that weighed 123 lbs.
- Captain Cook used sauerkraut to pack soldiers wounds in order to prevent gangrene.
- Cabbage Patch Kids are popular dolls from the 1980s.

Recipe: Chocolate Sauerkraut Brownies

Ingredients

- 3/4 cup drained and chopped sauerkraut
- 1 1/2 cups buttermilk
- 2/3 cup butter
- 1 3/4 cups packed light brown sugar
- 2 teaspoons vanilla extract
- 2 eggs
- 2/3 cup unsweetened cocoa powder
- 2 1/4 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x13 inch pan. Sift cocoa, flour, baking powder, baking soda and salt together and set aside. In a separate small bowl, combine buttermilk with sauerkraut and set aside.
2. In a large bowl, cream butter, brown sugar and vanilla until light and fluffy. Add eggs and beat in. Add flour mixture alternately with sauerkraut mixture. Beat only until blended.
3. Pour batter into 9x13 inch pan. Bake at 350 degrees F (175 degrees C) for about 45 minutes, or until toothpick inserted into

cake comes out clean. Cool brownies and frost with your favorite chocolate frosting.
<http://allrecipes.com//Recipe/chocolate-sauerkraut-cake-ii/Detail.aspx>

