

Why are they called cruciferous vegetables?

These vegetables derive their name from their four-petaled flowers, which look like a crucifer or cross.

What nutrients do they supply?

When eaten raw, cabbage provides a considerable amount of vitamin C. Cruciferous vegetables are low in calories. Quick cooking of cabbage is the key to good flavor and high nutritive value. To retain the color of red cabbage, you may add acid such as vinegar, lemon juice or a slice of apple to the cooking water.

Why should I eat them?

In addition to Vitamin C, cruciferous vegetables provide fiber and may help protect against colon and rectal cancer.

Are there any other cruciferous vegetables?

Yes, other vegetables such as turnips, rutabagas, collards, radishes, mustard greens and watercress are also included in this diverse selection of vegetables. Sauerkraut is a method of preserving cabbage. Rinse sauerkraut to avoid sodium overload.



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***Remember** Eat cruciferous vegetables soon after buying, cook quickly to tender crisp, and don't keep cooked leftovers more than a day.

The Spotlight is on Cruciferous Vegetables



Featuring the Cabbage Family

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WISE**
Healthy choices, healthy lives.



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Cruciferous Vegetables

How to Choose, Store, Prepare, and Cook

Broccoli

Choose: Compact, firm cluster of flower buds that have not opened.

Store: Broccoli should be stored in the refrigerator in a plastic bag, and is best if used within 3-5 days.

Prepare: Wash well and remove tough stems, eat raw or with dip.

Cook: Boil or steam for about 9-12 minutes. Do not overcook.



Cauliflower

Choose: Clean, white, firm heads without spots or bruises. Avoid those with open flower clusters.

Store: Cauliflower should be stored in the refrigerator in a plastic bag and is best if used within one week.

Prepare: Wash well. Separate into flowerets. Eat raw or with dip.

Cook: Steam or boil for 8-10 minutes.



Brussels Sprouts

Choose: Firm, compact, bright green heads.

One pound makes 6 servings.

Store: Brussels sprouts should be stored in a plastic bag in the refrigerator and are best if used within a week.

Prepare: Wash well. Cut off stem ends and take off wilted leaves.

Cook: Brussels sprouts are tastiest when steamed or parboiled for 5-10 minutes. Do not overcook.



Kohlrabi

Choose: Small to medium-sized firm roots without blemishes or cracks that are light green to purple.

Store: Kohlrabi should be stored in the refrigerator and is best if used within one week. Kohlrabi can also be stored in a cool cellar.

Prepare: Wash well, trim roots and peel. Kohlrabi can be shredded raw into salads and slaw. Eat raw or with dip.

Cook: Boil or steam for 15-20 minutes until tender.



Cabbage

Choose: Firm, heavy cabbages that are free of yellowing leaves, splits or soft spots.

Store: Cabbages should be stored in the refrigerator, unwashed, and used within 2 weeks.

Prepare: Wash well and remove wilted leaves.

Cook: Use an uncovered pan to allow sulfur gasses to escape with just enough water to prevent burning and cook just until tender. Cabbage should **never** be overcooked.



Kale

Choose: Crisp, dark colored leaves (dark green or purple).

Store: Kale should be stored in the refrigerator and is best if used within 2-3 days.

Prepare: Wash well and remove stringy stalks.

Cook: Kale can be steamed or stir-fried.

