

Cabbage

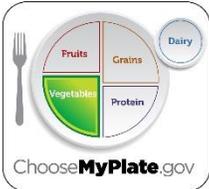


Cabbage is a leafy vegetable that grows as a head. It is a cruciferous vegetable, in the same family as broccoli, collard greens, kale and Brussels sprouts.

USES AND TIPS

Select cabbage heads that are heavy for their size, with tightly packed leaves that are free from blemishes. Store whole cabbage in the refrigerator for up to 7 days. To cut down on the loss of nutrients, use a knife, not a chopper, to cut cabbage.

Cabbage is the main ingredient in coleslaw, and it is delicious in tossed salads. Cabbage can also be steamed, sautéed, baked, stuffed and added to soups or stews and stir-fry dishes.



NUTRITION NOTES

- One cup of chopped cabbage contains 22 calories, no fat and 2 grams of fiber.
- Cabbage is an excellent source of **vitamin C** (*promotes healthy gums*) and **K** (*important for blood clotting*), and high in **fiber** (*helps with digestion*).
- Cabbage contains glucosinolates, sulfur-containing chemicals that give cabbage its pungent aroma and may reduce the risk of cancer.

SHAKE IT UP! SHAKE IT UP! SHAKE IT UP! SHAKE IT UP!



Did you know?

Cabbage was around in 1000 B.C.

There are hundreds of varieties of cabbage. The most common varieties in the U.S. are Green, Red and Savoy.

Many vegetables evolved from the original wild cabbage, including broccoli, Brussel sprouts, cauliflower, kale and kohlrabi.

Since cabbage contains a lot of vitamin C, explorers including Captain Cook, traveled with it to prevent scurvy.

Cabbage originated in the Mediterranean region of Europe.

Sauerkraut is fermented cabbage.

For more on the Harvest of the Month program and farm to school, visit the Georgia Farm to School Toolkit at <http://gafarmtoschool.org/>.



- In Georgia, cabbage is primarily grown in Moultrie (Colquitt County).
- In 2016, over 6,300 acres of cabbage were grown in Colquitt County.
- Cabbage is in season in Georgia January through July and October through December.
- Cabbage grows to maturity in about 70-120 days from planting.
- Cabbage is a cool season crop that grows well in Georgia's climate. Most production occurs in spring, fall and winter months.

Georgia Department of Education School Nutrition Program

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