

# — CABBAGE —

## What are they?

- Cabbage is a leafy green vegetable of Brassica family, which includes other vegetables like broccoli and cauliflower. It is round or oval in shape and consists of soft, light green or whitish inner leaves covered by harder and darker outer leaves.
- Cabbage originated from wild cabbage found in England, Europe, and the Mediterranean.
- The faster cabbage grows, the more tender and sweeter they will be. It needs about 2 months to mature.



## When are they available?

- Cabbage is available fresh in Wisconsin from June to November and from storage until April.

## What's so cool about them?

- Cabbage is one of the oldest vegetables, dating back to the 1600's.
- The largest cabbage dish ever made was in Macedonian city in Prilep with cabbage rolls weighing 1221 pounds in December of 2008.
- There are at least a hundred different types of cabbage grown around the world, but the most common types grown in the United States are Green, Red, and Savory varieties.
- Cabbage is a staple food in countries such as Poland and China.
- Enjoy cabbage steamed, boiled, braised, microwaved, stuffed, stir-fried, or eat it raw.



## Why should I eat them?

- Cabbage is a cheap and widely used food. It may help reduce the risk of certain cancers.
- Cabbage needs to be kept cold so it retains its Vitamin C.
- Cabbage is fat free and low in calories!

