

# Harvest of the Month

Cabbage



## FUN FACTS:

**Cabbage is one of the oldest vegetables.**

**It comes in different colors and shapes.**

*This institution is an equal opportunity provider.*



# Harvest of the Month

Cabbage



## FUN FACTS:

This low-calorie vegetable is a nutritional powerhouse! It is an excellent source of fiber, Vitamin C and Vitamin K, which aid in healing wounds and protecting the heart.

It is one of the oldest vegetables of the world. The most common varieties include:

- Green ~ used in traditional coleslaw
- Napa ~ commonly used in Asian cooking
- Red ~ often used in German and Swedish recipes
- Savoy ~ favorite for Italian cuisine

*This institution is an equal opportunity provider.*

