

Cabbage

Cabbage is one of the oldest vegetables.

The colors vary — presenting pale green, blue green, red, reddish purple, and nearly white.



**CABBAGE
FACT**

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Cabbage

**The botanical name
for cabbage is
*Brassica oleracea.***



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1/2 cup of cabbage provides 45% of the daily recommended amount of vitamin C.



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**1 pound of cabbage
is about 4 to 5 cups of
raw shredded cabbage.**



**CABBAGE
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Cabbage

Cabbage can be steamed, baked, or stuffed, as well as eaten raw.



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Cabbage

Spiced cabbage in vinegar was a staple food for sailors on long voyages, not just for New Year good fortune, but because of the many vitamins, probiotics, and nutrients it provided.



**CABBAGE
FACT**

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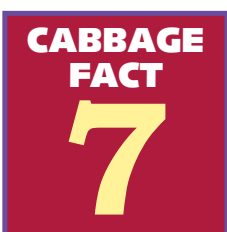
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Cabbage

**Descended from cabbage
grown wild in Mediterranean
regions thousands of years ago,
the leaves in today's varieties
sometimes have interesting
dissimilarities.**



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**New Jersey ranks
9th in cabbage
production across
the United States.**



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Some cabbage are wide-spread and waffled, while others are smooth and tightly bunched.



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All cabbage have very short stems which, other than garden dirt on the very end, are just as delicious and nutritious as the leaves.



CABBAGE FACT

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