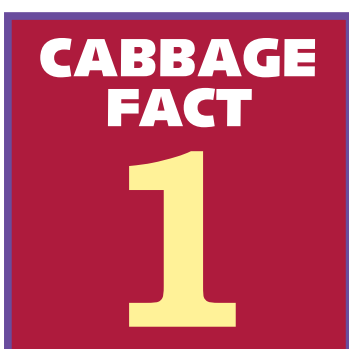


# Cabbage

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

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



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# Cabbage

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



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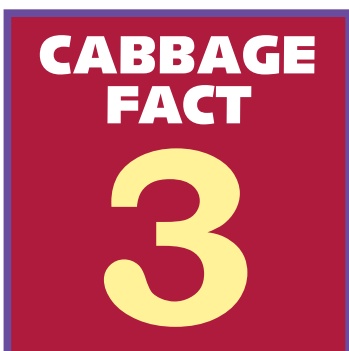


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# Cabbage

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



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# Cabbage

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



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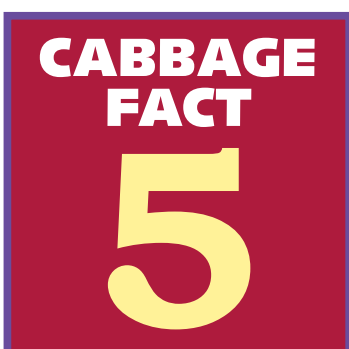


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# Cabbage

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



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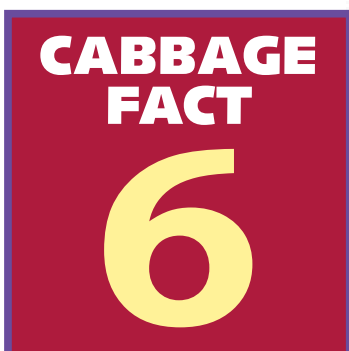
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# Cabbage

**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.**



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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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# Cabbage

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



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# Cabbage

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



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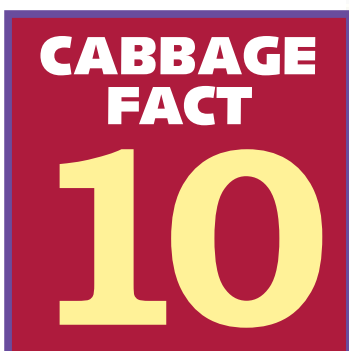


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# Cabbage

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



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