

Fruit & Vegetable facts

Materials to inspire your USDA Fresh Fruit & Vegetable Program

— CABBAGE —

Cabbage is the leafy part of the plant. A head of cabbage can range from 1 to 8 lbs and be a variety of colors such as green, white, or purple.

History

Ancient Romans believed the cabbage had medicinal properties and could relieve gout, headaches, and some food poisoning. It became popular in the 17th and 18th centuries in Eastern Europe, and later as a pickled delicacy on sailing voyages to prevent scurvy.

Botanical Facts

Cabbage is a biennial crop, producing its dense leafy head in the first year of its cycle. It is part of the Brassica family, also known as cole crops, which also includes collard greens, kale, brussel sprouts, broccoli, cauliflower, and kohlrabi.



Spotlight on....



Savoy Cabbage

curly, mild flavored leaves, ideal for pickling.



Green Cabbage

smooth and light green; this is the most common cultivar.



Red Cabbage

Bright red or purple, more hearty leaves, often common in pickling or coleslaw.

Meet the relatives!



L to R: Broccoli, brussel sprouts, cabbage, cauliflower, kale, and kohlrabi are all members of the Brassica family.

More about.. CABBAGE

More Facts



- Cabbages are a **biennial crop**. They are harvested in the first year of their cycle.
- Cabbage is considered to be a **cancer-fighting** food due to its significant amount of antioxidants. It also has **anti-inflammatory** and **cholesterol-lowering** properties.
- Cabbage can be eaten raw, cook, or pickled.

Storage



Cabbage needs to be stored alone in a cool, humid place. It is composed of about 92% water; if the relative humidity reaches anywhere below about 80%, the heads of cabbage will shrink. Cabbage is best kept in plastic bags in the refrigerator. This will maintain its humidity, and controls the release of sulfur gas that might affect other fruits and veggies.



See **RECIPES** section on our website for recipe ideas

Nutrition Facts

Cabbage is a great source of thiamin, calcium, iron, magnesium, phosphorus, and potassium. It is also full of fiber, vitamins B6, C, and K, folate, and manganese.

NUTRITION FACTS

Serving Size 89g

Amount per Serving

Calories 22 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 16mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 2%

Sugars 3g

Protein 1g

Vitamin A 2% • Vitamin C 54%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.

NutritionData.com

Preparing & Cooking Cabbage



- Peel off the outside leaves of the cabbage. Cut in half from top to the stem.
- The cabbage can then be sliced, diced or julienned depending on cooking method.
- Sauté, boil, shred, pickle, or eat raw in a salad.
- If using the meatier base of the cabbage that attaches to the stem, cut into smaller pieces as it does not break apart and cook down as much as the leaves.