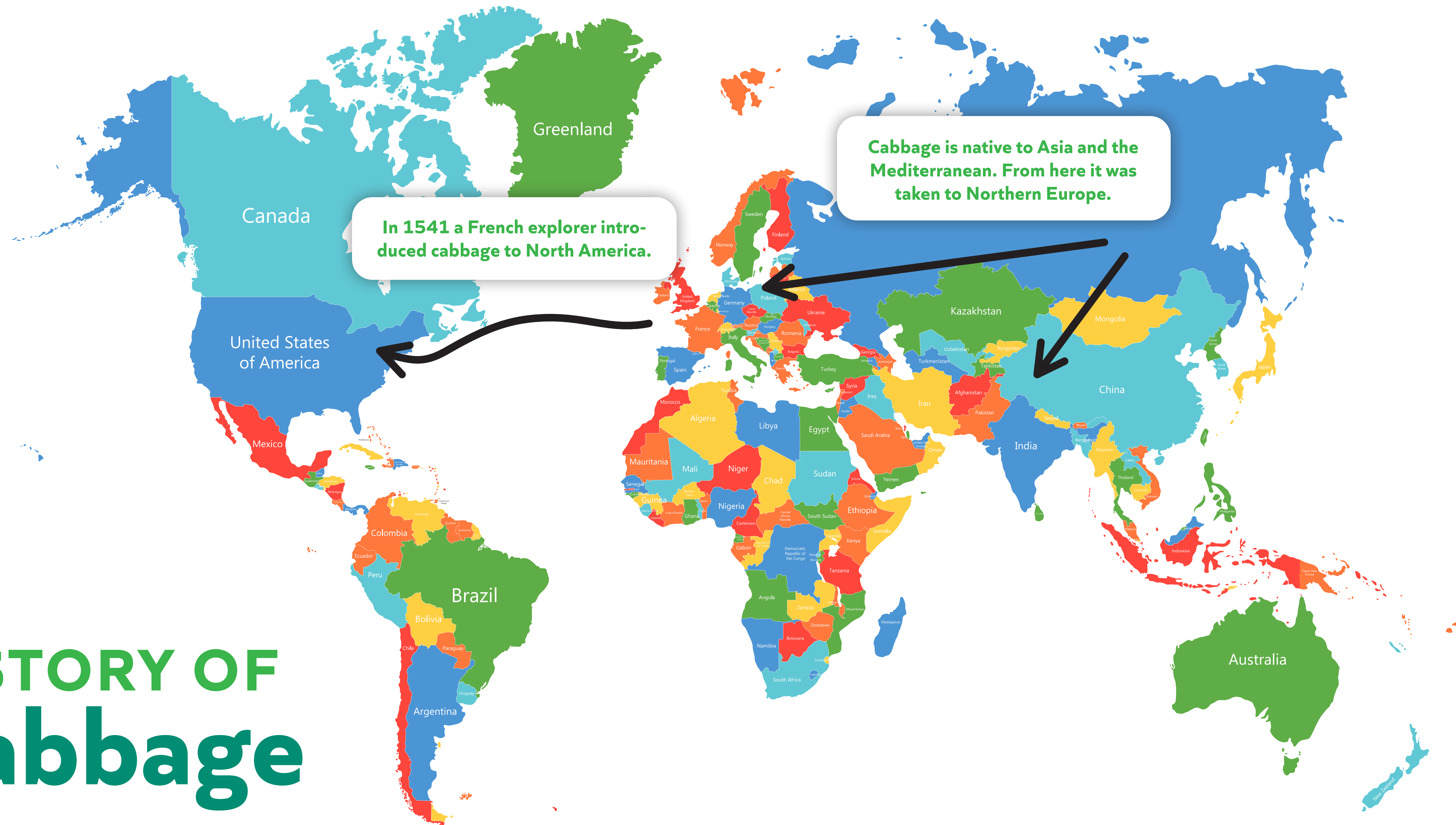


HARVEST OF THE MONTH:

Cabbage



HISTORY OF Cabbage



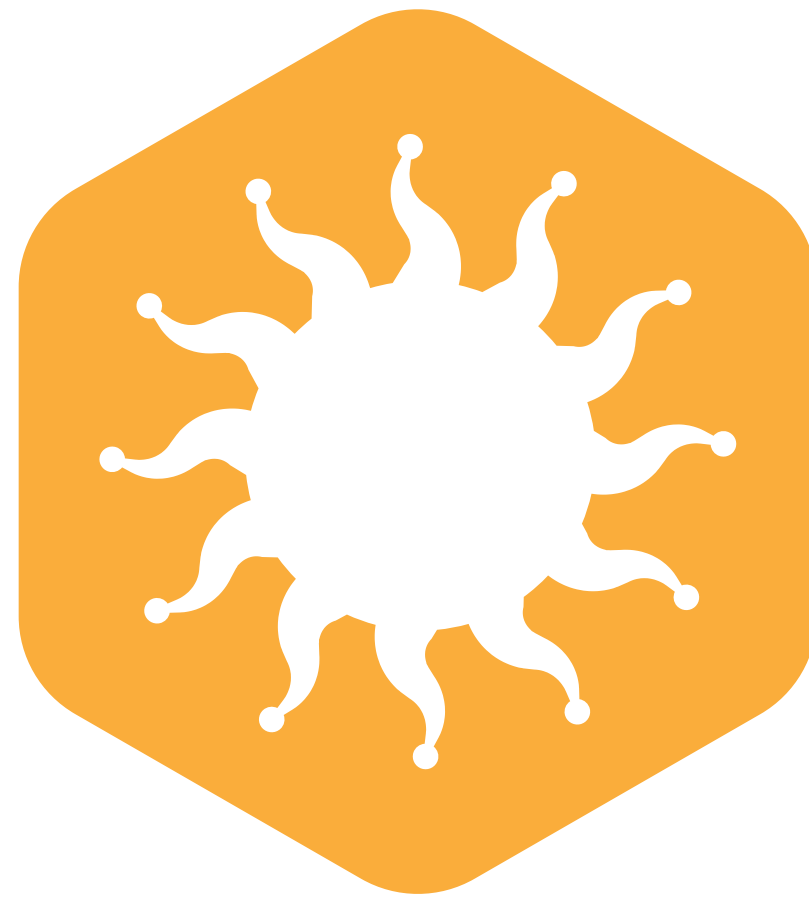


**We eat the cabbage leaves.
The outer wrapper leaves
are removed before arriving
at the grocery store.**

HOW DOES CABBAGE GROW?

WHAT SEASON DO WE PICK CABBAGE?

Cabbage is harvested year round in the US; Florida, New Mexico, California, Colorado, Texas and Wisconsin all produce cabbage.



SUMMER



AUTUMN



WINTER



SPRING

WHY SHOULD WE EAT CABBAGE?

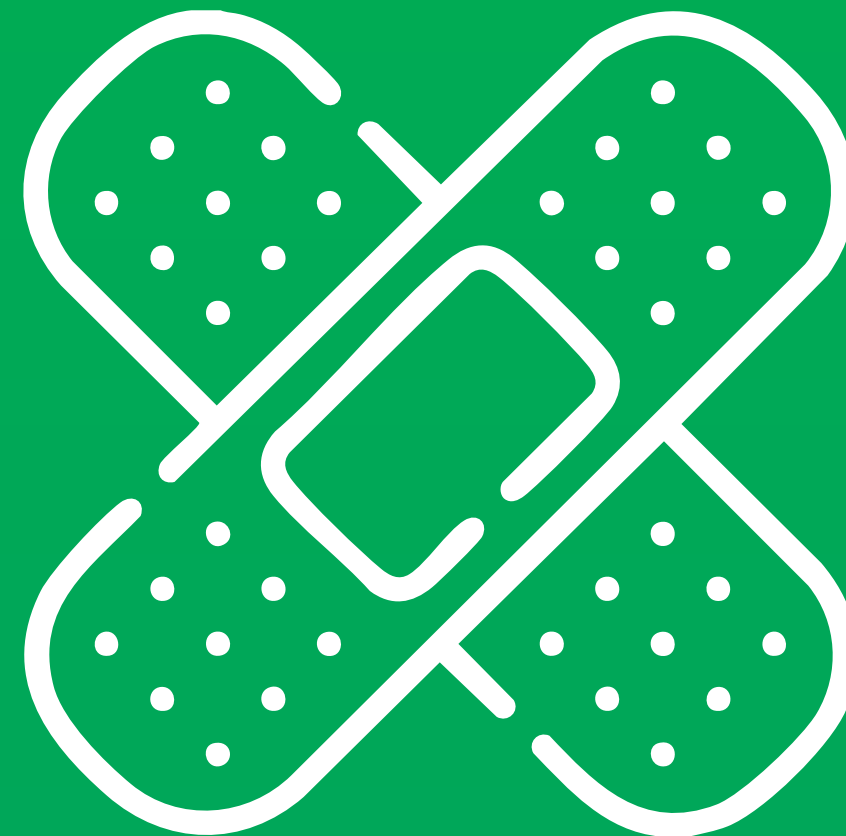
**Healthy immune system
(prevents colds)**



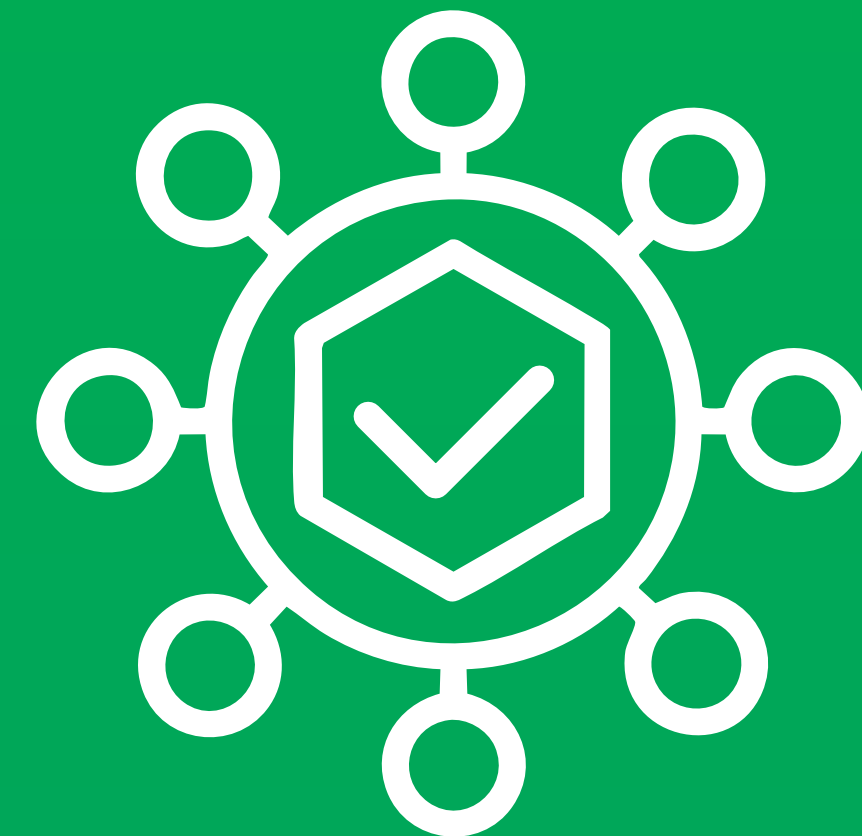
Healthy eyes



**Contains vitamin
K – heals cuts**



Antioxidants



HOW DO YOU PICK GOOD CABBAGE?

- Pick out cabbage heads that are firm, and that feel heavy when you pick it up.
- The leaves should be tightly packed.
- Always rinse cabbage, and then trim the core of the cabbage out.



FUN FACT: Americans eat over 380 million pounds of sauerkraut each year. Sauerkraut is pickled cabbage that has a sour flavor.



LET'S TRY SOME

Cabbage!

