

Cabbage





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SHOPPER'S TIPS

- Look for firm cabbage heads that feel heavy for their size. The leaves should be a green or red-purple color.
- Avoid cabbage heads that have lots of loose outer leaves and heads with wilted, brown, or yellow leaves.

FUN FACTS!

- There are more than 400 varieties of cabbage. The most common varieties in the United States are green, red (purple), savoy, and Chinese cabbage.
- Cabbage is one of the oldest European vegetables. Cabbage first came to the United States with the settlers of Jamestown.

WHAT IS IN IT FOR YOU?

One cup of shredded green or red cabbage is:

- An excellent source of vitamin C and vitamin K.
- A source of vitamin A.

SERVING IDEAS

- Make “rainbow” coleslaw by using a mix of green and red cabbage.
- Add shredded red cabbage to chicken salad for a colorful dish.

PEAK SEASON

California grown varieties, available late winter to mid-spring, may be fresher and cost less than varieties shipped from other regions.

STORAGE

Store whole or cut cabbage in a plastic bag in the refrigerator for up to one week.