Background:
Cruciferous plant related to Brussels sprouts, broccoli, cauliflower, and kale
Comes in different colors and shapes
Can be eaten raw, pickled, boiled, steamed, or sautéed

Nutritional Value:
Good source of:

*Vitamin K*—helps regulate blood clotting and assists in bone metabolism

*Vitamin C*—essential for tissue growth and repair and may help prevent or delay cancer and heart disease

*Fiber*—increases satiety, can lower cholesterol and blood sugar levels, and can prevent digestive problems
Cabbage

How to SHOP:

Look for cabbage with fresh, densely-packed, crisp leaves

Avoid cabbage with yellow or brown, loose, or flimsy leaves

Late fall and winter are the best seasons to purchase cabbage

How to GROW:

In early fall, plant seeds 12-24” apart in sandy loam soil in full sunlight

Do not plant cabbage next to vegetables of the same family because they will compete for the same nutrients.

Cabbage does well planted near cucumbers and beans

Harvest around 70 days after planting

How to STORE:

Store fresh cabbage in the refrigerator. Wrap a whole cabbage head tightly in plastic wrap, and store shredded or sliced cabbage in an airtight container for up to 7 days

To freeze, rinse cabbage heads and remove loose outer leaves. Then cut cabbage into wedges with the stem intact. Blanch for 90 seconds and pack into an airtight bag.