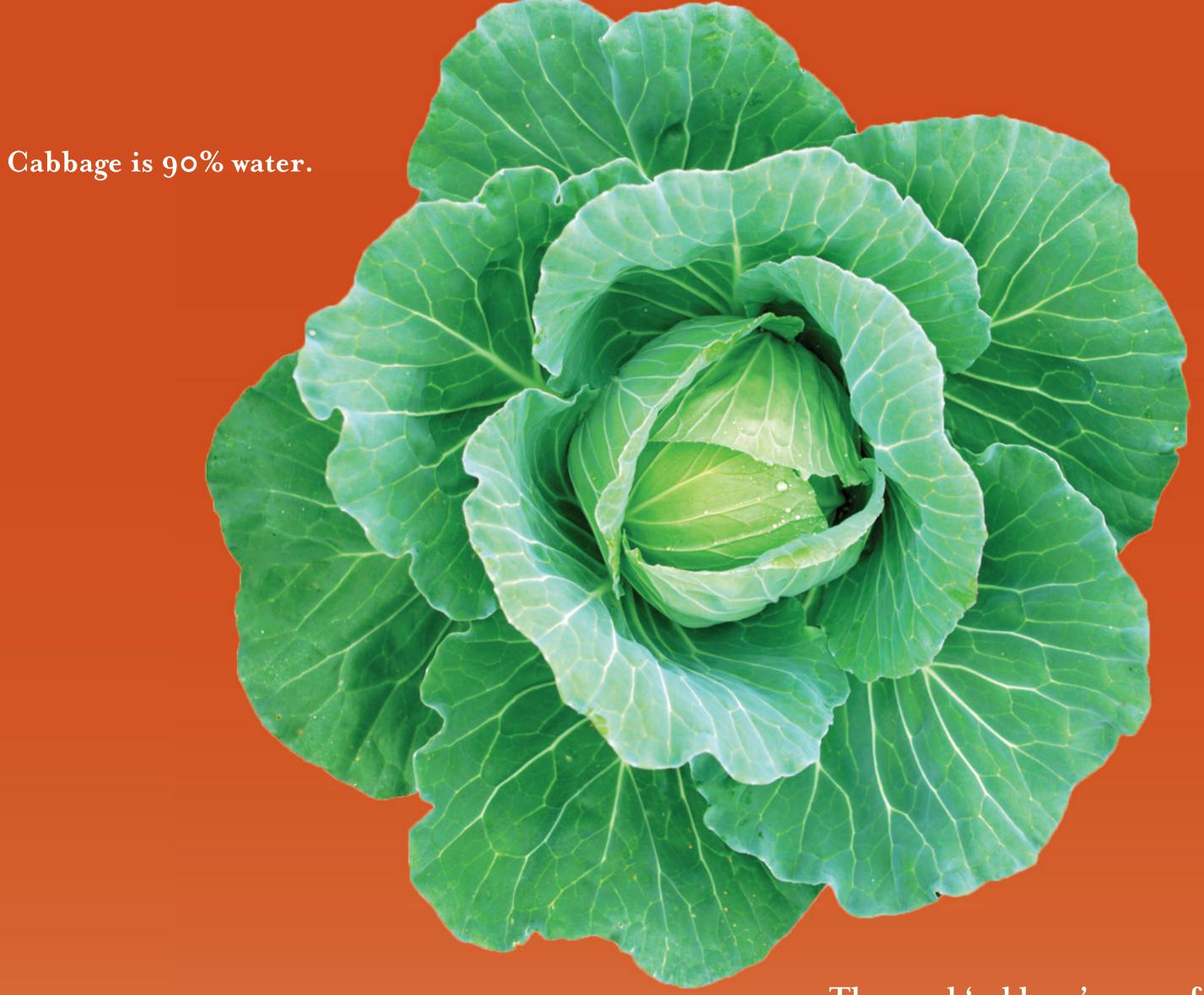
OREGON CABBAGE

Cabbage is closely related to cauliflower, broccoli, kale, brussels sprouts, and kohlrabi.



NUTRIENTS FOUND IN CABBAGE

- ~ Good source of dietary fiber.
- ~ Excellent source of vitamin C.
- ~ Good source of vitamins K, B6 and folate.

The word 'cabbage' comes from the Latin word for caput and the French word caboche, which both mean 'head'.



The world's largest cabbage was grown in England in 1865 and weighed 123 pounds!



There are at least 100 different varieties of cabbage grown world wide.



Cabbage is a dietary staple around the world!





This material is funded by USDA's Specialty Crop Block Grant Program and USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2018 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation or veterans status. Oregon State University Extension Service is an Equal Opportunity Employer.