

# OREGON CABBAGE

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

Cabbage is 90% water.



## 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!



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