

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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