拾选：
• 选择坚韧，重的白菜头，叶子未被损伤。

储存：
• 将白菜紧密地包裹在冰箱中，并在几周内使用。
• 一旦切开，将剩余的部分放入塑料袋中，并在几天内使用。

准备：
• 要准备白菜，去除外层的叶子，切成两半，去除坚硬的白色硬芯。
• 彻底清洗，并将切片成所需的厚度。

营养信息
一杯生白菜有22卡路里。

白菜提供纤维和维生素A & C。

趣事
白菜是已知最古老的蔬菜之一！红白菜是世界上许多品种之一。

白菜被俄罗斯视为国菜。俄罗斯人的食用量是普通北美人的一倍多。

一英亩的白菜比任何其他植物都能提供更多的可食用蔬菜，使白菜成为一个省钱的选择！

用途
白菜可以蒸、微波、煮、烤或制成凉拌菜或酸菜。

白菜是砂锅菜、炖菜、沙拉和汤的好配料。

家庭友好活动
比较红白菜、绿白菜、纳帕和萨沃伊白菜的颜色、质地、形状、大小和口味。

开始一种容器花园，让你的孩子帮你除草和种植白菜！

白菜最好在较冷的月份种植：中冬到早春。

采摘:
• 选择坚实、重的白菜头，叶子无损。

储存:
• 将白菜紧密地包裹在冰箱中，并在几周内使用。
  • 一旦切开，将剩余的部分放入塑料袋中，并在几天内使用。

准备:
• 要准备白菜，去除外层的叶子，切成两半，去除坚硬的白色硬芯。
• 彻底清洗，并将切片成所需的厚度。

March  Cabbage

Nutrition Info
One cup of raw cabbage has 22 calories.

Cabbage provides fiber and vitamins A & C.

Fun Facts
Cabbage is one of the oldest known vegetables! Red cabbage is one of many varieties grown throughout the world.

Cabbage is considered Russia’s national food. Russians eat about seven times as much cabbage as the average North American.

One acre of cabbage will yield more edible vegetables than any other plant—which makes cabbage a money saver!

Uses
Cabbage can be steamed, microwaved, boiled, roasted or made into coleslaw or sauerkraut.

Cabbage is a great addition to casseroles, stews, salads and soups.

Family Friendly Activities
Compare red cabbage, green cabbage, Napa, and Savoy cabbage by color, texture, shape, size and taste!

Start a container garden, have your child help you plant and grow cabbage! Cabbage is best grown when planted in the cooler months: mid-winter to early spring.
Oven Roasted Cabbage
Serves 5 (1/2 cup per serving)

Ingredients:
1 pound cabbage, roughly chopped with core removed
2 Tbsp. olive oil
½ tsp. salt
¼ tsp. black pepper

Directions:
Preheat oven to 400 degrees. Place cabbage in a large bowl. Add olive oil, salt and pepper; toss until evenly coated. Spread seasoned cabbage onto a sheet pan and place in oven for 10-15 minutes, stirring occasionally. When edges begin to brown, remove from oven and serve warm.

For more information on Farm2School & Foot Steps to Health visit www.GetActiveLacrosse.org!