

Harvest of the Month



March



Cabbage



Pick:

- Choose firm, heavy cabbage heads with unblemished leaves.

Store:

- Store cabbage tightly wrapped in the refrigerator and use within a few weeks.
- Once cut, place the remainder in a plastic bag and use within a few days.

Prepare:

- To prepare cabbage, remove the thick outer leaves, slice in half, and remove the hard white core.
- Wash thoroughly and slice into desired thickness.

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.

Harvest of the Month

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!

Nutrition Facts

Serving Size 1/2 cup (97g)
Servings Per Container 5

Amount Per Serving

Calories 70 Calories from Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 250mg 10%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 8%

Sugars 0g

Protein 1g

Vitamin A 2% • Vitamin C 60%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Color a
Cabbage!

