



CABBAGE



Cabbage is grown commercially in eastern North Carolina as both a spring and fall crop, and in the mountains as an early summer and fall crop. Cabbage acreage in North Carolina averages 10,000 to 12,000 acres.

From Washington State Department of Agriculture Farm to School:

- Cabbage is one of the oldest vegetables in existence and continues to be a dietary staple throughout the world.
- There are at least a hundred different types of cabbage grown throughout the world, but the most common types in the United States are the Green, Red, and Savoy varieties.
- Cabbage is a nutritional powerhouse that is an excellent source of manganese, vitamin B6, and folate; and a good source of thiamin, riboflavin, calcium, potassium, vitamin A, tryptophan, protein and magnesium.
- Cabbage can be steamed, boiled, braised, microwaved, stuffed, or stir-fried, and eaten raw.
- Cabbage has virtually no fat. One cup of shredded raw cabbage contains 50 calories and 5 grams of dietary fiber.
- One cup of shredded raw cabbage contains 190% of the recommended daily amount of vitamin C.
- Cabbage is an excellent source of vitamin K. 1 cup (150 grams) of shredded, boiled cabbage contains 91% of the recommended daily amount of vitamin K.
- Cabbage and its relatives (broccoli, cauliflower, brussels sprouts) are rich sources of phytochemicals, naturally-occurring plant chemicals that may protect people against some forms of cancer.
- Cultures in which cabbage is a staple food, such as in Poland and some parts of China, show a low incidence of breast cancer. Research suggests this is due to the protective effect of sulfur-containing compounds in cabbage.



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Rainbow Coleslaw

Makes 12 servings. *½ cup per serving.*

Prep time: 15 minutes

Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- ½ cup chopped yellow or red bell pepper
- ½ cup shredded carrots
- ½ cup chopped red onion
- ½ cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- ¼ teaspoon celery seed (optional)
- ½ cup lowfat Cheddar cheese, cubed

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

Nutrition information per serving: Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*