

# Cabbage



# Cabbage Facts

- Cabbage is one of the oldest vegetables.
- The botanical name for cabbage is *Brassica oleracea*.
- A half cup serving of cabbage provides 45% of the daily recommended amount of vitamin C.
- One pound of cabbage is about four to five cups of raw shredded cabbage.
- Cabbage can be steamed, baked, or stuffed as well as eaten raw.
- Spiced cabbage in vinegar was a staple food for sailors on long voyages, not just for New Year good fortune, but because of the many vitamins, probiotics, and nutrients it provided.
- Descended from cabbage grown wild in Mediterranean regions thousands of years ago, the leaves in today's varieties sometimes have interesting dissimilarities. Some appear wide-spread and waffled, while others are smooth and tightly bunched. The colors vary as well, presenting pale green, blue green, red, reddish purple, and nearly white. All have very short stems which, other than garden dirt on the very end, are just as delicious and nutritious as the leaves.
- New Jersey ranks 9<sup>th</sup> in cabbage production across the United States.

