

Produce of the Month



Cabbage



Nutritional Information



One leaf of cabbage has 6 calories



Cabbage is an excellent source of vitamin C and vitamin K



Studies have suggested that cruciferous vegetables, including cabbage may protect against colon cancer

Fun Facts



Cabbage has been used historically as a medicinal herb because it has a variety of purported health benefits



China produces the most cabbage in the world



The world's heaviest cabbage weighed 138.25 pounds

Selecting, Storing, Preparing



Choose dense cabbage heads with no cracks or blemishes



Keeping cabbage cold assures higher vitamin content, store cabbage by placing the whole head in a plastic bag and in a vegetable drawer in the refrigerator



Cabbage can be stored for about one week



Wash and cut cabbage right before using it



Steaming or eating cabbage raw will allow for more nutrition consumption

Recipes/Ideas

- Add cabbage to any salad
- Fresh coleslaw can be made healthier by leaving out mayo products
- Add shredded cabbage to a stir fry

For more ideas:

http://www.huffingtonpost.ca/2016/04/22/cabbage-recipes_n_9760138.html

<http://95210.townofmanchester.org/>



9 Hours of Sleep - 5 Servings of Fruits & Vegetables - 2 Hours or less of Screen Time - 1 Hour of Physical Activity - 0 Sugary Beverages

Manchester's Message for a Healthier You