

Cabbage

Did you know?

The word cabbage comes from the Old French word *caboché*, which means *head*. This is probably why we often use the phrase *a head of cabbage*. The cabbage we recognize today was cultivated 2,000 years ago in the Mediterranean region, but its wild ancestor was likely used for medicinal purposes. Today cabbage is a staple in many cuisines worldwide.



CLASSROOM RECIPE

Kiwi Pineapple Slaw

Ingredients

- 1 cup pineapple, drained (reserve 3 tablespoons of juice)
- 3 cups finely shredded cabbage (about ½ head)
- 1½ cups peeled and chopped kiwi (about 3 medium kiwi)
- ½ cup chopped celery (about 1 stalk)
- ¼ cup raisins
- ¼ cup mayonnaise or Greek yogurt

Directions

1. Cut pineapple into bite-size pieces. Combine with cabbage, kiwi, celery and raisins in a large bowl.
2. Stir pineapple juice into mayonnaise until smooth. Add to cabbage mixture, tossing gently. Serve.

NAPA CABBAGE

Nutrition Facts

Serving size 1 cup, cooked

Amount Per Serving

Calories 10

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polysaturated Fat 0g

Monosaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **4%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 96mg **8%**

Iron 1mg **6%**

Potassium 229mg **4%**

*The Daily Value (DV) tells you how much a nutrient a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NUTRITION INFORMATION

HOW MUCH DO I NEED?

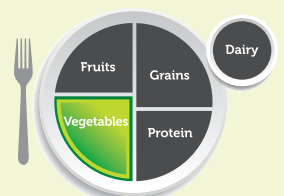
A ½ cup of cabbage is about one cupped handful. The amount of fruits and vegetables each person needs depends on age, sex and physical activity level.

Recommended Daily Amounts of Vegetables

	5 – 8 yrs	9 – 13 yrs	13 – 18 yrs
Male	1½ – 2½ cups	2 – 3½ cups	2½ – 4 cups
Female	1½ – 2½ cups	1½ – 3 cups	2½ – 3 cups

Featured Resource

At choosemyplate.gov, kids and adults can take a short quiz to learn more about their current daily nutrition habits and find resources for adjusting those habits to prioritize nutritious food based on federal dietary guidelines.



Explore Pennsylvania's Cabbage

What You Need

Green, red (or purple), savoy and Chinese cabbage varieties; 2 heads of each variety for entire class
Small sample cups (4 cups each per group)

Nutrition Facts labels for each cabbage variety
Whiteboard and markers
Cutting board and knife
Optional: Paper and pencils

Steps

1. Wash and drain 1 head of each cabbage variety. Chop and fill sample cups, keeping varieties separate. Label cups, cover and set aside.
2. Display 4 remaining cabbage heads in front of room. Compare different types of cabbages' nutrient values using the labels.
3. Distribute sample cups to groups, one variety at a time. Observe tastes, colors and textures. Record student observations on board.
4. Discuss similarities and differences between cabbage varieties.
5. Vote on a class favorite.

CLASSROOM ACTIVITY CORNER

Science Investigation

Use cabbage juice to determine whether a substance is an acid or base.

- Open a can of cabbage and drain cabbage juice into a bowl.
- Put 2 tablespoons of juice each into 3 glass jars.
- Add 1 tablespoon of vinegar to first jar. Record color of juice.
- Add 1 tablespoon of baking soda to second jar. Record juice color.
- Add 1 tablespoon of distilled water to third jar. Record juice color.
- Discuss results.

CAFETERIA CONNECTION

Promote students' health by incorporating more cabbage into school meals. Gradually replace items that typically use shredded lettuce or lettuce pieces with shredded cabbage. Start with one-quarter of the cabbage mixture and work up to one-half.



READING NOOK

Expand your lesson with these selected books about cabbage and other vegetables!



The Cabbage Soup Solution

BY ERIKA OLLER
AGES 4-8



A Green, Green Garden

BY MERCER MAYER
AGES 4-8



The Vegetables We Eat

BY GAIL GIBSON
AGES 2-5

Just the Facts

- Cabbage is in season in PA from June through December.
- Cabbage is grown on about 1,200 acres of land in PA, ranking the state 13th in cabbage production in the nation.
- There are nearly 360 cabbage farms in PA.
- Cabbage is an excellent source of vitamins C and K.

paharvestofthemonth.org

Sources:
Adapted from the CalFresh Healthy Living program
<https://extension.psu.edu/forage-and-food-crops/vegetables>
<https://www.myplate.gov/eat-healthy/what-is-myplate>
<https://www.paharvestofthemonth.org/index.php/downloads>
<https://www.foodhero.org/recipes/kiwi-pineapple-slaw>



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This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

