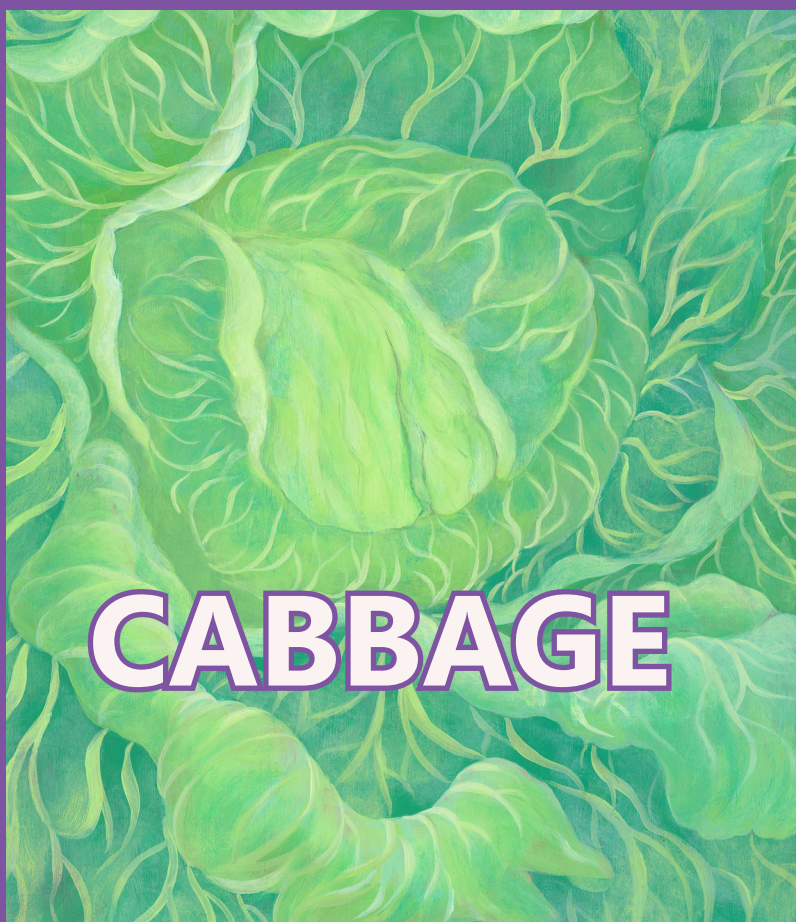


Harvest of the Month



CABBAGE

Local Highlight

Humboldt farmers can time a cabbage planting in late summer so that the plants overwinter and mature in the spring. Check out our video about Shakefork Community Farm and their overwintered cabbage!

vimeo.com/channels/hcoenutrition

Literature Links

- *In Our Garden*, by Pat Zietlow Miller
- *Katie's Cabbage*, by Katie Stagliano
- *Dumpling Soup*, by Jama Kim Rattigan

Video Discussion

How do Kevin and Melanie use oxen on the farm?

Why does Kevin work with two oxen at a time?

What are some steps to growing cabbage?

What are some steps to harvesting cabbage?



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



CABBAGE

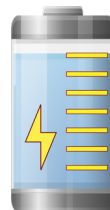
Brassica oleracea



Spanish: el repollo
Hmong: zaub qhww

Nutrition Power

Cabbage is a good source of vitamin C, folate, and phytochemicals.



Folate

Helps keep your energy steady!



Phytochemicals

Help keep your heart healthy!

History

Cabbage is believed to originate in the Mediterranean region of Europe. Its ability to grow well in cold temperatures and its long storage life after harvest made it a very important food source across Eurasia. Cabbage was a staple food item in Europeans' diets during the Middle Ages. It was also used by sailors to prevent scurvy during long ship voyages due to the vegetable's high levels of vitamin C. China is the largest producer of cabbage today.



Did You Know?

- Plant part we eat: LEAF
- Cabbage is a member of the brassica family, which also includes broccoli, Brussels sprouts, and kale.
- The word cabbage comes from the French word *caboché* meaning "head."
- The largest cabbage ever grown was 124 pounds!
- Sauerkraut, one of the best known national dishes in Germany, is made by fermenting finely cut raw cabbage. Variations of sauerkraut are also popular in many other Eastern European countries, such as Poland, Lithuania, Estonia, and Ukraine.

