

Harvest of the Month



CABBAGE



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some napa cabbage on its own.
2. **MAKE** a dish with napa cabbage using the recipe and ingredients provided.
3. **LEARN** about napa cabbage with the information below.

Fun Facts

- Cabbages originated in the Mediterranean region of Europe.
- Cabbage is an annual, cool season vegetable in the Brassica family. Cabbages can be purple or green.
- Cuisines around the world include dishes made from fermented cabbage. Sauerkraut is associated with Germany and Eastern Europe, while curtido is eaten in El Salvador and other Central American countries.
- Cabbage is an excellent source of vitamin C which helps you fight off infection!

Local Connection



Melanie and Kevin Cunningham grow cabbages and many other types of produce at their farm in Carlotta. Melanie oversees the farm's vegetable production while Kevin focuses on the animals. He uses oxen power to do a lot of the field work!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.