

Cabbage can be eaten raw, as a salad, steamed, sautéed, stewed, or pickled. Sauerkraut and kimchi are popular pickled varieties and coleslaw is a popular cabbage salad.



Cabbage
can be round or
conical in shape,
with flat or
curly, tight or
loose leaves.

Cabbage is a very good source of fiber and an excellent source of Vitamins



Cabbage belongs to the family Brassicaceae, also known as the cruciferous vegetables.

CABBAGE GROWN IN CALIFORNIA WOULD HAVE TO TRAVEL OVER 2,000 MILES TO REACH THE CAFETERIA! OUR NEW YORK STATE CABBAGE ONLY HAS TO TRAVEL 20 MILES FROM EDEN TO REACH THE CAFETERIA!

GEORGIA. THE TOP THREE STATES FOR PRODUCTION ARE CALIFORNIA. TEXAS. AND NEW YORK.

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Cabbage has been cultivated for more than 4,000 years and was bought to the Americas in the 16th century by French Navigator Jacques Cartier.

Cabbage is low in fat & calories.



The species Brassica oleracea includes cabbage as well as its close relatives broccoli, cauliflower, and Brussels sprouts.