

In January,

Cabbage is the Harvest of the Month!



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Add cabbage to your favorite family meals:

- Add cabbage to your favorite veggie soup, stew, or stir fry.
- Use cabbage leaves as a tortilla or wrap.
- Add raw cabbage to salad.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

Green and red cabbage are the most common, but other types of cabbage include Napa (Chinese cabbage) and Savoy.



Nutritious, Delicious, Wisconsin!
#WISharvestoftheMonth

- Select** – Choose cabbage heads with compact leaves.
- Store** – Tightly wrap in plastic and refrigerate for up to 7 days.
- Prepare** – Carefully run a small knife around the core to remove it. Slice or chop the leaves.



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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.

Key nutrients in Cabbage:

Folate - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.

Vitamin K - Needed for blood clotting, preventing excessive bleeding.



COLESLAW

Add sweetness with apples or raisins.



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Coleslaw Ingredients

- 2 cups green cabbage, shredded
- 1 cup purple cabbage, shredded
- 1 cup carrot, shredded
- 1 cup chopped apple
- ½ cup raisins

Dressing

- ¼ cup mayonnaise
- ¼ cup plain Greek yogurt
- 2 Tablespoons apple cider vinegar
- 2 teaspoons sugar
- ½ teaspoon celery seed
- Salt & pepper to taste

Instructions: Whisk dressing ingredients together in a bowl. Toss with cabbage & carrots. Refrigerate about 1 hour to allow flavors to blend.

Ideas: Try raisins or chopped dried apricots instead of raisins. Add ¼ cup sunflower seeds or chopped walnuts for crunch. You can substitute a bag of shredded coleslaw mix if you prefer not to shred your own cabbage.

TASTE



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Fermented Cabbage?

Sauer Kraut is a German-style food made with fermented or pickled cabbage. **Kimchi** is a traditional Korean side dish made with fermented napa cabbage.