

LEARN



facts

- Spanish translation: *El repollo*
- Hmong translation: *Zaub Qhww/Zaub Pob*
- Cabbage heads are made up of tightly packed leaves.
- Green and red (purple) cabbage are the most popular.



Green



Red



Savoy



Napa

EAT



nutrition & seasonality

- Cabbage has folate. Folate is an essential B vitamin that our body uses to create new proteins and cells, and break down old ones to keep us healthy.

Share with children: Folate is used in our bodies to make new blood cells and keep our heart healthy.

- Fresh cabbage grown in Wisconsin is available from mid-June through late October.



TASTE



Nutritious,
Delicious,
Wisconsin!

taste testing

Cultures around the world eat cabbage and prepare it in different ways. Encourage children to try different cultural versions of cabbage dishes, such as sauerkraut (German), kimchi (Korean), colcannon (Irish), curtido (Salvadoran), or coleslaw (American). Several of these dishes include fermented cabbage, which is a healthy way to preserve raw cabbage.



sauerkraut



colcannon



kimchi

FUN

activity: Cabbage Layers



Gather a few small heads of cabbage. You can use red or green cabbage, Napa (Chinese cabbage), or Savoy. Leave one or more heads of cabbage whole. Cut the remainder in quarters. Show children a quarter cabbage and ask children: what does it look like? Point out the layers and explain that cabbage leaves grow tightly together in a “head”. Give each child a quarter cabbage to explore. Encourage children to explore the layers of cabbage leaves by tearing off the leaves one by one. Ask children to describe the feel, smell, and color of the cabbage. When children have a pile of leaves, invite them to compare the size of the leaves. Ask children to line up their leaves from smallest to largest.

— Adapted from: *Harvest for Healthy Kids*

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.



READ

books



- *Growing Vegetable Soup* by Louis Ehler
- *Oh Joy, Bok Choy & Other Greens for Me!* by Dawn Noelle Archer
- *Katie’s Cabbage* by Katie Stagliano
- *Clara Caterpillar* by Pamela Duncan Edwards
- *From the Garden: A Counting Book About Growing Food* by Michael Dahl
- *Green Beans, Potatoes, And Even Tomatoes: What is in the Vegetables Group?* by Brian P. Cleary
- *Plants on a Farm* by Nancy Dickmann
- *The Giant Cabbage: An Alaska Folktale* by Cherie B. Stihler



planting

Cabbage enjoys cool weather. Plant in the early spring or mid-summer for a fall harvest. Cabbage may be transplanted or seeded directly in the garden. Cabbage is a biennial plant, which means it completes its life cycle in two growing seasons. During the first season the plant grows leaves, in this case, the head of cabbage. If the cabbage is not harvested, then the following growing season it will produce a flower stalk and seeds.

harvesting

Harvest cabbage any time after the head forms. Make sure the cabbage heads are solid (firm to hand pressure), but harvest before they crack or split. To harvest, cut the cabbage stem close to the head. Cabbage plants only produce one head per growing season. Fresh cabbage from the garden looks different from cabbage purchased at the store. Cabbage heads from the garden have many open leaves that can be eaten. These are the first leaves to appear as the cabbage head grows. When cabbage is purchased at the store these leaves have been removed so you only see the tight head.