



# CHOW DOWN ON CABBAGE



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# Chow down on cabbage at home!

## Kid Approved Coleslaw:

- Shred 1 small head cabbage and 1 carrot. Mix together in a bowl.
- Add 1 chopped apple and  $\frac{1}{4}$  cup raisins.
- Mix together 1 Tbsp olive oil,  $\frac{1}{4}$  cup apple juice, 2 tsp mustard, 2 Tbsp apple cider vinegar,  $\frac{1}{4}$  tsp salt and  $\frac{1}{8}$  tsp black pepper.
- Drizzle dressing over vegetables. Toss and serve!

## Family Fun: Cabbage Exploration

Ask kids to observe the cabbage whole. Have an adult cut the cabbage lengthwise to show the center “tree”. Peel each layer of cabbage leaves off one by one. How does the tree change? Do the leaves feel or taste different as you move toward the center of the cabbage?

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



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program—SNAP and Expanded Food and Nutrition Education Program - EFNEP.