



ALL ABOUT NEW JERSEY!

Cabbages in New Jersey are in season from June to November.

JERSEY TASTES! ACTIVITY SHEETS

Cruciferous Cabbage



ACTIVITIES:



Pre-K: [Cabbage Exploration](#) or
[Cabbage Stamping Art Project](#)

Lower Elem: [Red Cabbage Experiment](#) or
[Katie's Cabbage](#)

Upper Elem: [All About Cabbage](#)
[Lesson Plan](#)

Middle: [Re-growing Cabbage Science](#)
[Experiment](#)

HS: [Red Cabbage Chemistry](#)



FUN FACTS:

[Heaviest Green Cabbage in the Guinness World Record](#)
was 138.25 lbs



HISTORY

Cabbage has been in cultivation for thousands of years. The ancient Romans loved it and used it for several purposes. Around the world, cabbage is prepared in different ways. While it can be eaten raw, as a salad, cabbage can be steamed, pickled, stewed, sautéed or braised. Sauerkraut and kimchi are the most popular pickled variants while the coleslaw is one of the most popular salads.

HOW DOES IT GROW:

[Growing Cabbage Video](#)

Cabbage is a leafy vegetable from the wide family of "brassicas" and can be both green and purple. It typically grows into a head of cabbage which is the center of the plant and is just many layers of leaves.

NUTRITION FACT:



A single serving of cabbage contains nearly half of the daily Vitamin C requirement and has significant levels of manganese, iron, and vitamin B6. Cabbage also is high in dietary fiber and low in calories,

RECIPES:

Breakfast: [Savory Cabbage Pancakes](#)-
[Okonomiyaki](#)
Lunch: [Cabbage Ginger Slaw](#)

MADE IN COLLABORATION WITH:



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