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

**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.

**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

**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.

**FUN FACTS:**

Heaviest Green Cabbage in the Guinness World Record was 138.25 lbs

**RECIPEs:**

Breakfast: Savory Cabbage Pancakes- Okonomiyaki
Lunch: Cabbage Ginger Slaw