

In January,

# Cabbage is the Harvest of the Month!



## Cabbage is the Harvest of the Month!

### 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!  
#WIHarvestoftheMonth

- 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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## 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.