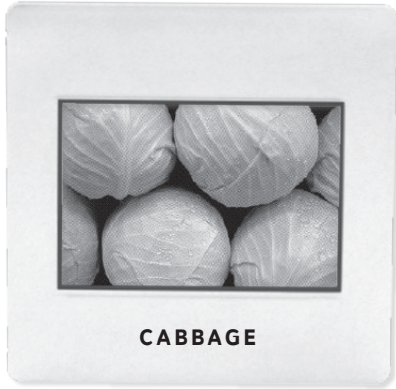


FARM FRESH
HARVEST
 OF THE MONTH



CABBAGE

There are many varieties of cabbage. Green Cabbage and Red Cabbage are the most common, and are the types we are most familiar with. Other types include Savoy Cabbage, Bok Choy cabbage, and Napa cabbage.

CABBAGE FACTS

- Cabbage is a round leafy vegetable. Most of the time it is green but it can also be red in color.
- The leaves of cabbage and baby cabbage look a lot like their relative the broccoli plant. It is also in the same family as Brussels sprouts, collards, cauliflower and kale.
- Cabbage is a very hardy plant, meaning it can grow even when it's cold outside. It is very well suited to growing in Oregon which has cool weather in the spring and fall.
- Most of the time cabbage is grown in a greenhouse in the early spring and the starts or "baby" plants are transplanted outside. It is one of the first plants we plant in the beginning of the gardening season.
- Cabbage is high in beta-carotene, vitamin C and fiber. Beta-Carotene is good for your eyes, Vitamin C is good for your immune system and fiber helps your digestion.
- Cabbage is often used to make coleslaw and the most popular and successful method of preserving cabbage is pickling it to make sauerkraut.
- Dutch sailors would take sauerkraut with them on long voyages and it help them prevent scurvy. Russians ate a fermented cabbage soup that sustained them through harsh winters from the 14th-19th centuries.
- The Greeks and Romans praised cabbage for its medicinal properties. Cabbage contains "glutamine", an amino acid which has anti-inflammatory properties and has been used in European folk medicine to wrap around inflamed areas of the body.
- The word cabbage comes from the French caboche, meaning head, and referring to its round form.

ACTIVITY

The Giant Cabbage

FOR GRADES K-2

Did you know?

The part of the plant we eat is the leaf. Leaves are important to the plant because they use the energy from sun light to convert carbon dioxide (CO₂) into the air that we breathe. This process is called Photosynthesis. Can you think of other leaves that you eat?

- 1) Read out loud to your class the book, "The Giant Cabbage" by Chérie B Stihler.
- 2) Plant cabbages in 12" pots in the classroom. Teach students how to grow and care for their cabbage. Invite students with space at home to try growing their cabbage at home or transplant it into a school garden area.
- 3) Host a "Giant Cabbage Contest" at your school just like the famous contest held every year in Alaska. Invite other students to participate. The biggest cabbage ever was 124 pounds! Can your students grow a heavy cabbage? Learn about weight and length in preparation for the contest. Study the state of Alaska, and learn more about cabbage.
- 4) Compare weights of various objects in the classroom. Have your student's estimate what the average cabbage will weigh. Practice using a balance scale and rulers. Ask contestants and community members to come in for a "weigh off." Have students present what they have learned about weight, cabbage, and the state of Alaska to the group. Have students record the weight and length of each cabbage. Assemble data and make a large colorful graph to display in the hallway. Pass the data on to older students to investigate the concepts of mean, median, mode and range.