

Cabbage



Look: Cabbage heads are round leafy vegetable that have a glossy exterior. It can be light green or red in color and are heavy. The center of a cabbage is lighter than the outside, more like a creamy white color.

Taste: Green cabbage has a milder taste than the red which has a more peppery taste.

Touch: Cabbage leaves have prominent veins running through the leaf that is more noticeable on the outer leaf and they are thicker. Red cabbage can stain your fingers and teeth, but washes right off.

Cabbage is one of the oldest vegetables in history dating back to more than 4,000 years ago!



Did you know?

Red cabbage is believed to bring good luck and prosperity!



Health Benefits

- Promotes digestive health due to its high fiber content.
- May help reduce the risk of certain types of cancer, including colon and breast cancer.
- Provides antioxidants that protect cells from damage.
- Supports heart health by lowering cholesterol levels.
- May help regulate blood sugar levels.