CABBAGE

DID YOU KNOW?

- There are many types of cabbage including green, red, & savoy. The most common type is green.
- In Georgia, cabbages are primarily grown in Moultrie. Peak times are spring and fall, but they are available year round.
- Once cabbage is cut, it rapidly begins to lose vitamin C.
- Overcooking cabbage results in a pungent odor and strong flavor, so it is best to cook the cabbage only until it is crisp-tender.
- Cabbage heads can be hollowed out and used as unique serving containers for cold dips & spreads.

CABBAGE

FRESH AND HEALTHY

Cabbage is an inexpensive and versatile food. This vegetable is a member of the cruciferous family which researchers are studying for possible anticancer effects! Try a new recipe and add some delicious farm fresh cabbage to your meal!

Best Time to Buy:
December - March

Cabbage Benefits U!
- High in vitamin C
- Low in calories
- Fat & cholesterol free

\[ \frac{1}{12} \text{ medium head} = 25 \text{ calories} \]

Add Color to Your Meal
- Sauté or stir-fry
- Shred for raw salads
- Stuff cabbage leaves
- Top a taco with shredded cabbage
FAST FACTS

SELECTION
Choose firm heads that feel heavy for their size. Outer leaves should look fresh, have good color and be free of blemishes.

STORAGE
Refrigerate, unwashed, tightly wrapped in a plastic bag for up to a week.

PREPARATION
Do not wash until ready to use. Remove outer leaves. Rinse head, slice in half lengthwise, and cut out core. Cut into wedges or shred.

PRESERVATION
Frozen cabbage is suitable for use only as a cooked vegetable. Select freshly picked, solid heads. Trim coarse outer leaves from head. Cut into medium to coarse shreds or thin wedges, or separate head into leaves. Water blanch 1 1/2 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

Nutrition Facts
Serving Size 1/8 of recipe 154g (154 g)
Servings per container 8

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>55</td>
</tr>
<tr>
<td>Calories from Fat</td>
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</tr>
<tr>
<td>Total Fat</td>
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</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
<td>24mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
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</table>

Nutrients 100g as portion size

<table>
<thead>
<tr>
<th>Nutrient</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
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<tr>
<td>Sodium</td>
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</tr>
<tr>
<td>Total Carbohydrate</td>
<td>9g</td>
<td>3%</td>
</tr>
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</table>

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500
Total Fat: Less than 65g 80g
Sat Fat: Less than 20g 25g
Cholesterol: Less than 300mg 300mg
Sodium: Less than 2,400mg 2,400mg
Total Carbohydrate: 300g 375g
Fiber: 25g 30g

For more information contact:
1.800.ASK.UGA1