

## Spotlight on...

# Cabbage



## Nutrition Information

Cabbages contain more than 20 different flavonoids and 15 different phenols -- all phytonutrients that are major antioxidants. Cabbage is also an important source of vitamin K, vitamin C and vitamin B6, meaning it helps support your immune system, is anti-inflammatory and supportive of your digestive system. Depending on the variety, cabbage also contains varying levels of other important vitamins and minerals making this vegetable a nutritional powerhouse!

## What is cabbage?

Cabbage is a cruciferous vegetable grown all over the world in hundreds of different varieties. Here at Morning Glory Farm, we grow several different varieties so you can enjoy the varying textures and flavors that cabbage can take on and learn to appreciate this sometimes overlooked vegetable.

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## Why eat them?

Cabbage is incredibly nutritious and gives a lot of “bang for your buck,” as it is a relatively inexpensive vegetable with a lot of yield. With such a wide variety of cabbage types on the market, there is also a cabbage for everyone. Some are more mild, tender and sweet, while others are crisp and earthy. All of them are nutritious, different varieties are available from spring through late autumn, and they can be prepared many different ways.

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## How can I use them?

- Eat raw in salads or coleslaws.
- Cut in half and grill or roast
- Mix into soup
- Stuff with meat or grain mixtures
- Blend into smoothies
- Use as the green in a sandwich
- Stir fry or saute
- Make a sauerkraut or kimchi
- Add into pasta dishes
- Steam or boil it

