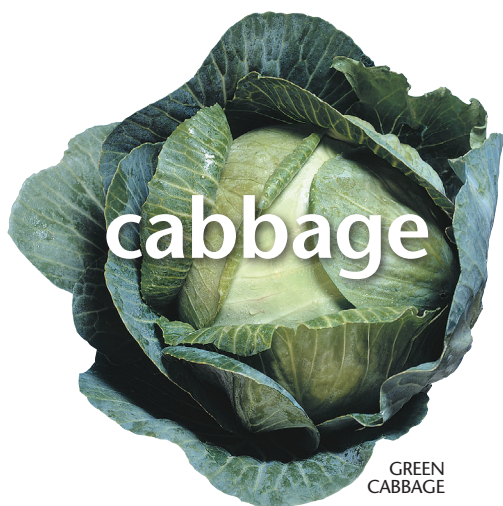


# North Carolina Harvest of the Month

## STEPS TO HEALTH

The North Carolina Harvest of the Month featured vegetable is



GREEN  
CABBAGE

## Health and Learning Success Go Hand-in-Hand

*Do more. Watch less.* Studies show students who watch less TV and get more physical activity do better on academic tests. *Harvest of the Month* can help your family learn new ways to eat more fruits and vegetables and be physically active every day.

## Other Varieties of Cabbage



RED  
(PURPLE)  
CABBAGE



CHINESE  
CABBAGE



SAVOY  
CABBAGE

## Healthy Serving Ideas

- Cabbage can be steamed, baked, or stuffed as well as eaten raw.
- Add raw cabbage to salads like coleslaw or tossed salads.
- Serve cooked and seasoned cabbage with meats like beef, chicken, and low-fat sausages.
- Other vegetables to pair with cabbage include potatoes, leeks, onions, and carrots.
- Substitute cabbage for lettuce in sandwiches and tacos.

[www.fns.usda.gov](http://www.fns.usda.gov)



## Rainbow Coleslaw

**Makes 12 servings.** *1/2 cup per serving.*

**Prep time:** 15 minutes

### Ingredients:

- 2 cups thinly sliced red cabbage
- 2 cups thinly sliced green cabbage
- 1/2 cup chopped yellow or red bell pepper
- 1/2 cup shredded carrots
- 1/2 cup chopped red onion
- 1/2 cup fat free mayonnaise
- 1 tablespoon red wine vinegar
- 1/4 teaspoon celery seed (optional)
- 1/2 cup lowfat Cheddar cheese, cubed

### Directions:

1. In large bowl, combine vegetables.
2. In small bowl, combine mayonnaise, vinegar, and celery seed to make the dressing.
3. Pour dressing over the vegetables in large bowl. Toss until well coated.
4. Add cheese and serve chilled.

### Nutrition information per serving:

Calories 30, Carbohydrate 4 g, Dietary Fiber 1 g, Protein 2 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 2 mg, Sodium 145 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions, Network for a Healthy California, 2008.*

## Home Grown Facts

- Cabbage is grown in most NC counties because it can grow in a variety of soil types. Counties with the most cabbage grown are in Pasquotank, Columbus, Robeson, Alleghany, and Ashe counties in North Carolina. Cabbage grows from March through May and August through December in NC with peak harvest in May and December.
- The word cabbage derives from the French word *caboche* meaning "head." there are more than 400 cabbage varieties but most common are the green, red, purple, and savoy varieties.
- Cabbage is a cruciferous vegetable. Other vegetables in this family include bok choy, broccoli, Brussels sprouts, cauliflower, collard greens, kale, Swiss chard, turnips, and turnip greens.

[www.ces.ncsu.edu](http://www.ces.ncsu.edu)



## BE AN ACTIVE FAMILY!

Get moving indoors by doing a scavenger hunt. Have your family split into two teams. Have each team hide five or more items around your home. Then give each team 10 minutes to find the items while the other team cheers.

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## STEPS TO HEALTH

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cabbage

### Why Focus on Fruits and Vary My Veggies?

- Fruits and vegetables are an important part of an overall healthy, balanced diet.
- Fruits and vegetables, like cabbage, are also a source of many vitamins and minerals. Fresh or cooked cabbage provides vitamin C, vitamin K, fiber, and folate.
- Cabbage is a cruciferous vegetable that is rich in phytochemicals, which help boost the immune system and help lower the risk of disease and certain types of cancer.
- A good tip to follow is to make half your plate fruits and vegetables to reach your daily needs!

### How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

### Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5–12	Teens and Adults, Ages 13 and up
Males	2½–5 cups per day	4½–6½ cups per day
Females	2½–5 cups per day	3½–5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.choosemyplate.gov](http://www.choosemyplate.gov) to learn more.

### How Much Cabbage?

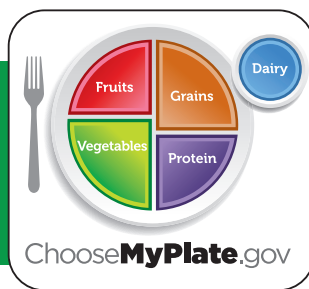
- A half cup of cabbage is about one cupped handful.
- A half cup of fresh or cooked cabbage is an excellent source\* of vitamin C and vitamin K and also provides fiber and folate.

\*Excellent sources provide at least 20% Daily Value.

### Nutrition Facts

Serving Size: ½ cup green cabbage, shredded (35g)	
Calories 9	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 1%	Calcium 1%
Vitamin C 21%	Iron 1%

To learn about the other food groups, visit



### Produce Tips

- Look for firm cabbage heads that feel heavy for their size. The leaves should be tightly packed.
- Put whole or cut cabbage in a plastic bag. Keep in the refrigerator for up to one week.
- Wash cabbage thoroughly just before using. Then, remove tough outer leaves, cut in half, and trim core.

### More Cabbage Each Day

- **Cook** cabbage with broccoli, bell pepper slices, carrots, and grilled chicken.
- Use green and purple cabbage for a **rainbow coleslaw**.
- Add green or purple cabbage to soups, stews, and **stir-fry dishes**.



ACTIVE ADULTS

Physical activity shouldn't be a chore. It can help you feel better about yourself and the way you live your life. Choose activities that you enjoy and that fit your lifestyle.