

## South Carolina



Farm to



School

# Palmetto Pick of the Month: CABBAGE

## MARCH



## DESCRIPTION

Cabbage has three types: green, red, and savoy. This round vegetable with many layers is related to broccoli, greens, and brussels sprouts. Because cabbage has the ability to grow well in a variety of soils, South Carolina is a great state for cabbage to grow.

Information from:

<http://www.clemson.edu/extension/hgic/plants/vegetables/crops/hgic1303.html>

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=19>

<http://www.foodreference.com/html/qcabbage.html>

[http://1.bp.blogspot.com/-JphX\\_smYBYO/Uyp8THYVBzI/AAAAACQ4/4N3bQD154o8/s1600/003-009.JPG](http://1.bp.blogspot.com/-JphX_smYBYO/Uyp8THYVBzI/AAAAACQ4/4N3bQD154o8/s1600/003-009.JPG)

## HISTORICAL FACTS

Cabbage is mysterious because it is unknown when and where it was developed. The Italians are known to have developed the Savoy cabbage, and Northern European countries made it very popular. German settlers and Dutch sailors ate sauerkraut to prevent scurvy.

## HEALTH BENEFITS

Cabbage is an excellent source of vitamin B6. Vitamin B6 helps us maintain a healthy brain and nervous system.

## HARVEST TIPS

Harvest cabbage when the head is firm. Once cut, remove it from the sun to prevent the "sunblister" process.



## QUOTE

"Cabbage: A vegetable about as large and wise as a man's head."

-Ambrose Bierce

## PALMETTO PICK OF THE MONTH SNACK

Cut a cabbage wedge, drizzle with olive oil and seasonings, and wrap foil around it, then put it on the grill or in the oven!



SC Farm to School put together a harvest of the month program called *Palmetto Pick of the Month*.