



NUTRIENTS FOUND IN CABBAGE

- Good source of dietary fiber
- Rich in vitamin C
- Good source of vitamins K and B6
- Folate
- Significant amount of nitrogen compound known as indoles that lower the risk of various forms of cancer.



HEALTHY, FIT AND READY TO LEARN

- Make it a goal to use a fruit or vegetable that you normally don't eat at least once per week.
- Your family may discover a new favorite and you will get a greater variety of nutrients by diversifying your menu.
- Make it into a game—take turns picking the new produce item from your local market or grocery store and then vote on your favorites!



PRODUCE POINTERS

- Select firmly packed cabbages with crisp, fresh-looking leaves.
- A good cabbage should feel heavy for its size.
- Cabbage leaves should be thick and crisp, not limp.
- Avoid cabbages that have a woody, split core or yellowed leaves.
- Cabbage may be stored in the refrigerator for at least one week.

GROWN IN OREGON

- Early season cabbages, mid-season cabbages, overwintering cabbages all grow well in Oregon.
- Ruby Perfection, Golden Acre, Danish Ballhead, and Tendersweet are varieties that have been shown to grow particularly well in many parts of Oregon.
- Look for cabbages at your farmer's market from July through December.





YOUR OREGON KITCHEN

QUICK AND EASY!

RECIPE: *Sesame and Cabbage Soba Noodle Stir-fry*

Ingredients:

- Slice or shred cabbage leaves and add them to a green salad.
- Add cabbage to minestrone soup.
- Try making sauerkraut or coleslaw—two traditional cabbage dishes.
- Sauté cabbage in a stir-fry.
- Stuff cabbage leaves with ground meat, rice, and raisins.

- 1/2 red onion, finely sliced
- Olive Oil
- 1/2 cabbage, finely shredded
- 1 clove of garlic, squashed and chopped
- 1 1/2 teaspoon paprika powder
- 1/2 teaspoon chili powder
- 1 packet (90g) soba omen noodles
- 1-3 tablespoons tamari
- 1 teaspoon maple syrup (optional)
- 1 teaspoon sesame oil
- 1 tablespoon sesame seeds

JUST FOR KIDS

Dissect a cabbage! Have an adult slice a red cabbage lengthwise so that the “tree” in the center of the cabbage can be seen. Peel each layer of the cabbage off one by one and watch how the tree changes! As you peel, taste the different layers? Does the feel or taste change as you move closer to the center of the cabbage.

Directions:

- In a frying pan, sauté the onion in the olive oil on medium heat until translucent. Add the cabbage, a bit more oil, turn down to low, and cover with a lid. Cook for 15 minutes or until the cabbage is very soft.
- In the last 3 minutes of the cabbage and onion cooking, cook the soba noodles in unsalted boiling water for around 2 minutes or until cooked.
- Continue cooking the cabbage mixture on low heat and add the garlic, paprika and chili powder and cook for a further 2 minutes.
- Drain and rinse the noodles with cold water and add to the cabbage mixture. Stir all the remaining ingredients to combine and cook for two more minutes.
- Serve and enjoy!



RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 1/2 - 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 - 5 cups per day	3 1/2 - 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.



Find Out More: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm to School and School Garden Program under Associated Topics.