



Harvest of the Month

Cabbage

Nutrition Information

- Cabbage is full of vitamin C.
- Cabbage is also a good source of vitamin K and fiber.
- Red cabbage contains antioxidants that give it its bright color.
- Cabbage is part of the “other vegetables” group in USDA’s vegetable categories.

Selection and Storage

- Choose cabbage that feels heavy and has crisp, tightly packed leaves.
- Avoid heads with soft spots, brown areas, or mold.
- Store whole cabbage in the fridge’s crisper drawer and don’t wash it until you’re ready to use it.
- Whole cabbage keeps for 1–2 weeks; cut cabbage should be used within 2–3 days.
- Cabbage can also be frozen after blanching or preserved by fermenting.

Fun Facts

- Cabbage has been grown for over 3,000 years and was enjoyed by ancient Greeks and Romans.
- Washington grows most of the cabbage seeds in the whole country, around 75%, and even produces about one-quarter of the world’s supply.
- Cabbage is in the same family as broccoli, kale, and Brussels sprouts.
- Some cabbage heads grow huge. The world record is over 125 pounds!
- Lewis and Clark carried fermented cabbage on their expedition because it stayed fresh for long periods of time.



Recipes*

- [Asian-inspired Chop Salad with Ginger Sunbutter Dressing](#) – ICN Recipe Box
- [Bean and Cheese Pupusas](#) – ICN Recipe Box
- [Bison and Barley Soup](#) – ICN Recipe Box
- [Chicken Pozole](#) – ICN Recipe Box
- [Creamy Coleslaw](#) – ICN Recipe Box



*As a reminder, the sponsor is responsible for ensuring standardized recipes and menus meet meal pattern requirements.

Educational Resources

- [A Taste of Leafy Greens](#) – National Agriculture in the Classroom
- [Cabbage Lesson Plan for Schools and Adults](#) - SNAP-Ed. South Dakota State University
- [All About Cabbage Brochure](#) - SNAP-Ed. Washington State University Extension
- [Cabbage: Selection, Storage, Nutrition & More](#) - University of Nebraska, Lincoln. Nutrition Education Program
- Cabbage recipes, Coloring Pages, and Other Resources ([English](#)) ([Spanish](#)) - Food Hero
- [Cabbage Classroom Connections](#) – Oregon Harvest for Schools

Sourcing

- Use the [Washington Food and Farm Finder](#) to find cabbage and other seasonal foods from local producers. Check out the WSDA Finding Farms webpage for other resources.
- If cabbage isn't available in your area: Substitute other locally grown vegetables in season, such as kale, Brussels sprouts, or bok choy.
- Contact OSPI at farmtocnp@k12.wa.us or WSDA at farmtoschool@agr.wa.gov for support finding Harvest of the Month foods.

HOM are suggestions for what our sponsors can showcase. However, please look at these other [Harvest of the Month Materials](#) to see if another item better fits the needs of your organization.

For more ideas about what items you could feature as a Harvest of the month, visit [WSDA's Washington Grown Food & Recipe Kit](#) and [USDA's Seasonal Produce Guide](#).