

# Cabbage Information Sheet

**Today's Farm to School Snack features local cabbage!**

While cabbage originated in Europe and the Mediterranean region,  
the cabbage you will be trying today was grown locally at:

in

## How Does It Grow?

Cabbage is part of the same vegetable family as broccoli, cauliflower, kale, and Brussels sprouts, all known as "brassicas" or "crucifers." Cabbage seeds can be started in a greenhouse or directly planted in the field, depending on the temperature. After growing for 2-3 months, cabbage is harvested by hand. Red and green cabbage are nutritious leafy vegetables that form tight heads with smooth leaves. Cabbage can be enjoyed cooked, preserved, or used raw in salads.



## Fun Facts

- Cabbage is grown on over 12,000 acres of land across Canada.
- Red cabbage can be used as a natural dye for clothing.
- The word "cabbage" comes from the French word *caboche*, translated as "head" or "noggin".

## Around the World

Cabbage is one of the oldest vegetables grown by humans, with evidence showing that ancient Greeks and Romans grew it around 3,000 years ago. Cabbage is enjoyed in many cultures around the world. In Germany, it is used to make sauerkraut; in Korea, it's an important part of kimchi; and in Russia and Poland, it's often used in cabbage soup. Cabbage is also popular in dishes like stuffed cabbage rolls and coleslaw.

## Ways to Explore

Ask learners if they would like to share any cultural dishes or family traditions that include cabbage.

Guide students through a mindfulness taste testing experience:



Look



Feel



Taste



Smell

**Enjoy this crunchy snack!**

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