

FARM FRESH HARVEST OF THE MONTH



- DECEMBER -



CABBAGE



Corbett, Oregon

OREGON

GEOGRAPHIC LOCATOR

Harvest of the Month Cabbage comes to us from Kerslake farms out in Corbett.

CABBAGE FACTS

- Cabbage is a round leafy vegetable. Most of the time it is green but it can also be red in color.
- The leaves of cabbage and baby cabbage look a lot like their relative the broccoli plant. It is also in the same family as Brussels sprouts, collards, cauliflower and kale.
- Cabbage is a very hardy plant, meaning it can grow even when it's cold outside. It is very well suited to growing in Oregon which has cool weather in the spring and fall.
- Most of the time cabbage is grown in a greenhouse in the early spring and the starts or "baby" plants are transplanted outside. It is one of the first plants we plant in the beginning of the gardening season.
- Cabbage is high in beta-carotene, vitamin C and fiber. Beta-Carotene is good for your eyes, Vitamin C is good for your immune system and fiber helps your digestion.
- Cabbage is often used to make coleslaw and the most popular and successful method of preserving cabbage is pickling it to make sauerkraut.
- Dutch sailors would take sauerkraut with them on long voyages and it help them prevent scurvy. Russians ate a fermented cabbage soup that sustained them through harsh winters from the 14th-19th centuries.
- The Greeks and Romans praised cabbage for its medicinal properties. Cabbage contains "glutamine", an amino acid which has anti-inflammatory properties and has been used in European folk medicine to wrap around inflamed areas of the body.
- The word cabbage comes from the French caboche, meaning head, and referring to its round form.

ACTIVITY

Crazy for Cabbage

FOR GRADES 3-5

Did you know?

The part of the plant we eat is the leaf. Leaves are important to the plant because they use the energy from sun light to convert carbon dioxide (CO₂) into the air that we breathe. This process is called Photosynthesis. Can you think of other leaves that you eat?

The cabbage plant has many different varieties and shapes. Some varieties are better suited to grow in the winter while others are planted in early spring or mid summer to be harvested in the fall. Varieties like red cabbage have small compacted heads, while others that grow in the winter called coleworts do not have heads at all.

- 1) Experiment growing cabbage in your classroom and outdoors in varying weather conditions. Test different cabbage varieties for their ability to withstand cold and heat. Which cabbage varieties grow the best during which season? Which grow the best indoors?
- 2) Create mini greenhouses or cold frames and try to grow cabbage inside. What happens?
- 3) Have your students experiment with creating different environments in which to grow cabbage.
- 4) Bring in different varieties of cabbage to show your students and try sampling each one. Try cooking with different types of cabbage.