



ACTIVITY GUIDE

CABBAGE

LEARN



facts

- Spanish translation: *El repollo* • Hmong translation: *Zaub Qhwv/Zaub Pob*
- Cabbage originated as a wild plant in Europe and the Mediterranean. Ancient Egyptians and Greeks praised cabbage for its medicinal qualities.
- Wisconsin ranks number 1 in the nation for cabbage production for sauerkraut! Sauerkraut is fermented cabbage, known for its delicious sour taste.
- Green and red cabbage are the most common, but additional varieties of cabbage include Napa (Chinese cabbage) and Savoy.
- Cabbage is related to broccoli, Brussels sprouts, cauliflower, kale, and bok choy.



Green



Savoy



Red



Napa

EAT



nutrition & seasonality

• Key nutrients:

Folate - Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.

Vitamin C - Helps wounds heal, is important for the immune system, and is an antioxidant, which protects cells from damage.

Vitamin K - Needed for blood clotting, preventing excessive bleeding.

- Fresh cabbage grown in Wisconsin is available from mid-June through late October.

TASTE



taste testing

Enjoy raw cabbage plain, or you can make a quick coleslaw by shredding cabbage and carrots and adding apple cider vinegar, olive oil, honey, mustard, salt, and pepper. If your kids are unfamiliar with sauerkraut, this is a fun new way to try cabbage as well. Sauerkraut is fermented, which is a healthy way to preserve raw cabbage. Fermentation changes the texture of cabbage, so encourage kids to use their five senses to observe, smell, feel, listen, and taste.

Nutritious,
Delicious,
Wisconsin!



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FUN



activity: Cabbage Dissection

Objective: Kids will observe and record the leaf structure of different varieties of cabbage.

Supplies: One red, green, or Chinese cabbage per two kids, magnifying glasses, white paper, and drawing implements.

Procedure: Choose to use multiple varieties and compare them or focus on one variety. Have kids examine the cabbage whole, then write down observations and draw a picture. After, an adult should slice each cabbage down the middle lengthwise, so the “tree trunk” is visible. Have kids peel off each layer of leaves individually. Throughout this process, ask kids to stop at least four times to write down and draw the changes they are observing. For younger kids, the total number of leaves can be counted; for older kids, length and width measurements of the leaves can be recorded. Compare and contrast the outer leaves to the inner leaves or leaf variation across varieties. Beyond size, color, texture, and taste can also be compared.

— Adapted from Vermont Harvest of the Month



This activity can be done in multiple settings: classroom, outdoors, garden, or virtual.

Tips for adapting to virtual learning: This activity is simple to do in a home environment if kids have access to cabbage. If this is not feasible, provide pictures of cross sections of cabbages and ask kids to name the different shapes they see or count the rings. If families have a printer, they can print a picture of the cross section and kids can trace and count the number of leaves they see.

Share pictures and engage with the Wisconsin Harvest of the Month community by using #WIHarvestoftheMonth on social media.

READ



books

- *Cabbage and Kings* by Elizabeth Seabrook
- *Katie's Cabbage* by Katie Stagliano
- *The Giant Cabbage* by Cherie Stihler
- *Cabbage Moon* by Tim Chadwick
- *The Cabbage Soup Solution* by Erika Oller

GARDEN CONNECTION

planting

Cabbage enjoys cool weather. Plant in the early spring or mid-summer for a fall harvest. Cabbage may be transplanted or seeded directly in the garden. Cabbage is a biennial plant, which means it completes its life cycle in two growing seasons. During the first season the plant grows leaves, in this case, the head of cabbage. If the cabbage is not harvested, then the following growing season it will produce a flower stalk and seeds.

harvesting

Harvest cabbage any time after the head forms. Make sure the cabbage heads are solid (firm to hand pressure), but harvest before they crack or split. To harvest, cut the cabbage stem close to the head. Cabbage plants only produce one head per growing season. Fresh cabbage from the garden looks different from cabbage purchased at the store. Cabbage heads from the garden have many open leaves that can be eaten. These are the first leaves to appear as the cabbage head grows. When cabbage is purchased at the store these leaves have been removed so you only see the tight head.