



Hey kids, become a
FOOD EXPLORER
and check out this
Month's Discovery...

Cabbage



Did you know...?

- In September 2012, a farmer from Palmer, Alaska, showed the largest cabbage ever grown. It weighed nearly 128 pounds and had leaves about 5 feet long.
- Babe Ruth wore a cabbage leaf under his cap during baseball games to stay cool.
- Sauerkraut is pickled cabbage.
- Cabbage grows quickly. One acre of cabbages will grow more vegetables to eat than any other plant.
- Americans often celebrate St. Patrick's Day with corned beef and cabbage. But before coming to America, most Irish could not afford beef at all. The Irish immigrants made the meal popular when they found they could buy beef more easily here.

DELICIOUS AND NUTRITIOUS

Red cabbage or green cabbage is rich in vitamin C and other compounds that protect your health.

A SUPER SNACK IDEA

Try a crunchy cabbage roll-up. Spread light cream cheese on a big cabbage leaf. You can add some chopped fruit, like apples, pineapple, or raisins if you like. Roll it up and enjoy!

CABBAGE HUMOR

How did the farmer fix his jeans?

With a cabbage patch!