

Fresh Fruit & Vegetable Program: March 2023

Featured Fresh Vegetable: **RED CABBAGE**



Health Benefits:

1. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer
2. Vitamin K – blood clotting and healing
3. Calcium: promotes strong bones, important for heart and muscle health



Fun Facts:

1. Cabbage is considered Russia's national food. Russians eat more than seven times as much cabbage as the average North American.
2. Cabbage is available in many varieties: red or purple, green and Napa cabbage, usually found in Chinese cooking.
3. Evidence shows cabbages have been cultivated for over 4,000 years.

