

RED CABBAGE



- ◆ Cabbage is one of the oldest vegetables, dating back to the 1600's.
- ◆ It is available year round. The lead cabbage producing countries are China, India, Russia, and South Korea.
- ◆ Rich in fiber and vitamin C and has disease-preventive properties.
- ◆ Red cabbage gets its color from a pigment called anthocyanins.
- ◆ Red cabbage served with ham is a traditional dish for many Swedish families on Christmas Eve. German's national favorite is a long-cooking stew made with sweet and sour red cabbage.
- ◆ Babe Ruth used to wear a wet cabbage leaf under his hat during games to help him cool on hot days.