RED CABBAGE

DID YOU KNOW?

- Red Cabbage is a member of the Brassica family, which includes other vegetables like broccoli and cauliflower.
- There are at least a 100 different types of Cabbage grown around the world, but the most common types grown in the United States are green and purple varieties.
- The faster Cabbage grows, the more tender and sweeter they will be.
- Cabbage is loaded with vitamin C, which helps strengthen your bone!

FUN FACT!

Cabbage is one of the oldest vegetables, dating back to the 1600's



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