

HARVEST *of the* **MONTH***Seasonal snacks from garden to classroom***CABBAGE**

— February, 2016 —

*Harvest of the Month is a great way for youth and their families to explore, taste and learn about seasonal vegetables and fruits - from the garden, in the classroom, on the plate.***FACTS & VARIETIES**

Cabbage comes in many colors, including green, purple and white. It also has many varieties, such as Bok Choy, Chinese, Napa, Savoy, China Star, Golden Cross and Rare Giant Russian. Cabbage is a hardy, leafy vegetable full of vitamins. It is in the Brassica family and related to broccoli and kale.

Some interesting facts: the heaviest cabbage ever recorded was 138.25 lbs and was grown in 2012 in Palmer, Alaska; China produces 47% of all cabbage worldwide; and cabbage contains folate, which is good for pregnant moms.

HEALTH & NUTRITION

Cabbage is a good source of:

Vitamin K
Vitamin C
Fiber
Electrolytes and minerals

Which cabbage you choose makes a difference in its health benefits. Lightly steamed cabbage has cholesterol-lowering and high fiber benefits. Red cabbage has high levels of vitamins. Savoy cabbage has shown unique cancer preventive properties. Raw cabbage is low in saturated fat. The take away - enjoy a variety of cabbage types several times a week.

COOKING & EATING

From the Arcadia Mobile Market Seasonal Cookbook by JuJu Harris.

STIR FRIED RICE

2 medium onions, sliced thinly
1/2 head cabbage, sliced thinly
3 carrots, shredded
1 medium bell pepper, sliced thinly
1 inch fresh ginger root, minced
Garlic, scallions, & red pepper flakes, to taste
3 cups cooked rice

In a large skillet, heat 2 Tbsp. olive oil over high heat. Add onions and cook for 5 min. Add vegetables and spices and 2 Tbsp. soy sauce. Cover and lower heat to medium. Cook until veggies are crisp-tender. Add the cooked rice, mix and heat thoroughly.

Illustration: Caroline McClellan, Buford Middle School, 8th Grade

GROWING TIPS

Cabbage is typically started indoors 6 to 8 weeks before the last spring frost and transplanted outdoors 4 to 5 weeks later. A second crop can be planted in the fall. Cabbage likes cool weather and rich soil. It needs a lot of nutrients to grow, so it is best to add compost to the soil before planting, mulch thickly after and add a natural fertilizer 3 weeks later. Cabbage can be prickly to grow. It will grow well near beans and cucumbers, but should not be planted by broccoli, cauliflower, strawberries, corn or tomatoes.

CITYSCHOOLYARDGARDEN.ORG

Harvest of the Month is a program that highlights a locally available crop each month by providing a fresh, healthy snack in all six Charlottesville Elementary Schools. Students also learn about the crop in their schoolyard garden and classroom. Information on crop growing, nutrition and preparation is shared with teachers and families. The goal of Harvest of the Month is to support healthy living skills that strengthen our youth and community.



City Schoolyard Garden is an independent non-profit organization that cultivates academic achievement, health, environmental stewardship and community engagement through garden-based, experiential learning.