



**Health Benefits:**

* Good source of vitamin C and other antioxidants
* High in vitamin K
* High in soluble fiber which can help lower cholesterol levels
* Can reduce inflammation

**Interesting Facts:**

* More than 100 different types of cabbage are grown throughout the world
* Kimchee is the “sauerkraut” of Korean culture
* Cabbage is 90% water
* Also called the Cruciferous family, the cabbage family includes many vegetables… *broccoli, Brussels Sprouts, kohlrabi, cauliflower, radishes, turnips, rutabagas, Swiss chard, collards, kale, arugala, bok choy, Chinese cabbage…and yes, all of the other cabbage varieties we use!*





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Check out these January menu items featuring

**The Cabbage Family**

* Sauerkraut
* Brussels Sprouts w/Garlic & Bacon
* Turnip Casserole
* Broccoli Salad
* Pineapple Cole Slaw

**One Big Happy Family Word Search**

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ARUGALA KALE

BOK CHOY KOHLRABI

BROCCOLI RADISH

BRUSSELS SPROUTS RUTABAGA

CABBAGE SWISS CHARD

CAULIFLOWER TURNIP

COLLARDS WATERCRESS



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* Broccoli Salad
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