![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\LW34Q4TM\MP900144270[1].JPG]()

**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:**

* ![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\LW34Q4TM\MP900443350[1].JPG]()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!*

![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\OWFRR3Z0\MP900402526[1].JPG]()![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\0RDFY77H\MP900387905[1].JPG]()![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\0RDFY77H\MP900313999[1].JPG]()

**![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\LW34Q4TM\MP900144270[1].JPG]()**

**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:**

* ![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\LW34Q4TM\MP900443350[1].JPG]()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!*

![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\OWFRR3Z0\MP900402526[1].JPG]()![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\0RDFY77H\MP900387905[1].JPG]()![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\0RDFY77H\MP900313999[1].JPG]()

![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\LW34Q4TM\MP900144270[1].JPG]()

**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:**

* ![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\LW34Q4TM\MP900443350[1].JPG]()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!*

![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\OWFRR3Z0\MP900402526[1].JPG]()![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\0RDFY77H\MP900387905[1].JPG]()![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\0RDFY77H\MP900313999[1].JPG]()

Check out these January menu items featuring

**The Cabbage Family**

* Sauerkraut
* Brussels Sprouts w/Garlic & Bacon
* ![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\N4VDKI96\MP900049546[1].JPG]()Turnip Casserole
* Broccoli Salad
* Pineapple Cole Slaw

**One Big Happy Family Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | D | R | A | L | L | O | C | Y | W | W | B | C | V | S |
| B | O | K | C | H | O | Y | R | C | A | A | T | Q | T | I |
| E | L | A | K | L | X | A | K | W | U | T | H | U | K | B |
| T | P | R | X | O | D | L | O | E | A | E | O | M | N | A |
| C | A | U | L | I | F | L | O | W | E | R | M | Z | K | R |
| A | K | G | S | S | Y | K | B | R | P | C | T | A | B | L |
| P | R | H | A | V | W | R | W | S | Z | R | U | O | A | H |
| J | L | U | T | B | O | I | S | D | A | E | R | P | C | O |
| U | C | M | G | C | A | L | S | E | E | S | N | S | M | K |
| L | M | K | C | A | E | T | G | S | O | S | I | V | M | C |
| V | F | O | E | S | L | A | U | V | C | G | P | I | R | V |
| F | L | A | S | I | B | A | D | R | N | H | N | R | P | U |
| I | X | U | Y | B | Y | C | V | C | E | M | A | V | Z | X |
| O | R | F | A | C | D | E | O | Z | M | M | V | R | S | V |
| B | Z | C | A | O | F | C | X | F | L | B | I | I | D | I |

ARUGALA KALE

BOK CHOY KOHLRABI

BROCCOLI RADISH

BRUSSELS SPROUTS RUTABAGA

CABBAGE SWISS CHARD

CAULIFLOWER TURNIP

COLLARDS WATERCRESS

Check out these January menu items featuring

**The Cabbage Family**

* Sauerkraut
* Brussels Sprouts w/Garlic & Bacon
* ![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\N4VDKI96\MP900049546[1].JPG]()Turnip Casserole
* Broccoli Salad
* Pineapple Cole Slaw

**One Big Happy Family Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | D | R | A | L | L | O | C | Y | W | W | B | C | V | S |
| B | O | K | C | H | O | Y | R | C | A | A | T | Q | T | I |
| E | L | A | K | L | X | A | K | W | U | T | H | U | K | B |
| T | P | R | X | O | D | L | O | E | A | E | O | M | N | A |
| C | A | U | L | I | F | L | O | W | E | R | M | Z | K | R |
| A | K | G | S | S | Y | K | B | R | P | C | T | A | B | L |
| P | R | H | A | V | W | R | W | S | Z | R | U | O | A | H |
| J | L | U | T | B | O | I | S | D | A | E | R | P | C | O |
| U | C | M | G | C | A | L | S | E | E | S | N | S | M | K |
| L | M | K | C | A | E | T | G | S | O | S | I | V | M | C |
| V | F | O | E | S | L | A | U | V | C | G | P | I | R | V |
| F | L | A | S | I | B | A | D | R | N | H | N | R | P | U |
| I | X | U | Y | B | Y | C | V | C | E | M | A | V | Z | X |
| O | R | F | A | C | D | E | O | Z | M | M | V | R | S | V |
| B | Z | C | A | O | F | C | X | F | L | B | I | I | D | I |

ARUGALA KALE

BOK CHOY KOHLRABI

BROCCOLI RADISH

BRUSSELS SPROUTS RUTABAGA

CABBAGE SWISS CHARD

CAULIFLOWER TURNIP

COLLARDS WATERCRESS

Check out these January menu items featuring

**The Cabbage Family**

* Sauerkraut
* Brussels Sprouts w/Garlic & Bacon
* ![C:\Documents and Settings\leslie.fijalkiewicz\Local Settings\Temporary Internet Files\Content.IE5\N4VDKI96\MP900049546[1].JPG]()Turnip Casserole
* Broccoli Salad
* Pineapple Cole Slaw

**One Big Happy Family Word Search**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| S | D | R | A | L | L | O | C | Y | W | W | B | C | V | S |
| B | O | K | C | H | O | Y | R | C | A | A | T | Q | T | I |
| E | L | A | K | L | X | A | K | W | U | T | H | U | K | B |
| T | P | R | X | O | D | L | O | E | A | E | O | M | N | A |
| C | A | U | L | I | F | L | O | W | E | R | M | Z | K | R |
| A | K | G | S | S | Y | K | B | R | P | C | T | A | B | L |
| P | R | H | A | V | W | R | W | S | Z | R | U | O | A | H |
| J | L | U | T | B | O | I | S | D | A | E | R | P | C | O |
| U | C | M | G | C | A | L | S | E | E | S | N | S | M | K |
| L | M | K | C | A | E | T | G | S | O | S | I | V | M | C |
| V | F | O | E | S | L | A | U | V | C | G | P | I | R | V |
| F | L | A | S | I | B | A | D | R | N | H | N | R | P | U |
| I | X | U | Y | B | Y | C | V | C | E | M | A | V | Z | X |
| O | R | F | A | C | D | E | O | Z | M | M | V | R | S | V |
| B | Z | C | A | O | F | C | X | F | L | B | I | I | D | I |

ARUGALA KALE

BOK CHOY KOHLRABI

BROCCOLI RADISH

BRUSSELS SPROUTS RUTABAGA

CABBAGE SWISS CHARD

CAULIFLOWER TURNIP

COLLARDS WATERCRESS

