Cabbage

What am I?

Cabbage is a vegetable with many varieties including red and purple, green, and Napa cabbage. It can be eaten both cooked and raw. Many consume cabbage on St. Patrick's day.

How do I grow?

- Cabbage prefers cooler temperatures.
- Cabbage season in Wisconsin is from June through November.
- Cabbage does not grow deep roots, so it needs plenty of water.

Nutrition Facts

Cabbage contains many vitamins and minerals. It is high in fiber, vitamin C, vitamin K, potassium, calcium, and iron.

Fun Facts

- Cabbage is a cruciferous vegetable and related to cauliflower, Brussel sprouts, and broccoli.
- Cabbage is largely made up of water.

WISCONSIN DEPARTMENT OF
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