

# Louisiana HARVEST *of the* MONTH



## Fun Facts About Cabbage!

- Almost half of all cabbage produced in the United States is used to make coleslaw.
- When cabbage is cooked quickly in an open pan, it tastes sweeter and produces a milder scent.
- Cabbage comes in different shades of green and red.

## Cabbage Is Nutritious and Good for You!

- Excellent source of vitamins C and K.
- Good source of manganese and folate.
- Low in calories.



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