

JERSEY TASTES! ACTIVITY SHEETS

Cruciferous Cabbage



ACTIVITIES:

NJ Climate Change Standards & Connections to Agricultural Literacy



Pre-K:

Cabbage Exploration

Cabbage Stamping Art Project

Lower Elem:

Red Cabbage Experiment

Katie's Cabbage

Upper Elem:

All About Cabbage Lesson Plan

Middle:

Re-growing Cabbage Science Experiment

High School:

Food Production, Nutrition & Health

FUN FACTS:

Heaviest Green Cabbage in the Guinness World Record was 138.25 lbs



MADE IN COLLABORATION WITH:

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ALL ABOUT NEW JERSEY!

Cabbages in New Jersey are in season from June to November.

HISTORY

Cabbage has been in cultivation for thousands of years. The ancient Romans loved it and used it for several purposes. Around the world, cabbage is prepared in different ways. While it can be eaten raw, as a salad, cabbage can be steamed, pickled, stewed, sautéed or braised. Sauerkraut and kimchi are the most popular pickled variants while the coleslaw is one of the most popular salads.

HOW DOES IT GROW:

Growing Cabbage Video

Cabbage is a leafy vegetable from the wide family of "brassicas" and can be both green and purple.



Jersey Tastes Educational Video: Where are cabbages from?

RECIPES:

Lunch or Dinner:

- Roasted Curried Cabbage
- Tropical Slaw With Rainbow Cabbage
- Ginger Slaw
- Pineapple Cabbage Slaw
 - Jersey Taste Cooking Series: Pineapple Cabbage Slaw
- Jersey Tastes! Classroom Tasting & Activity Kimchi



NUTRITION FACT:

A single serving of cabbage contains nearly half of the daily Vitamin C requirement and has significant levels of manganese, iron, and vitamin B6. Cabbage also is high in dietary fiber and low in calories,