



New York Harvest of the Month

Cabbage

**Farm Fresh
Grown by a local farmer**

Popular Foods

- Coleslaw
- Sauerkraut
- Egg rolls
- Kimchi
- Stir Fry
- Soup
- Corned Beef and Cabbage

Nutrition Content

- Vitamin C for healthy immune system
- Vitamin K for bone and heart health
- Dietary Fiber for better digestion
- Folate for important cell functions
- Low calorie and fat free

Fun Facts

- World Cabbage Day is February 17th
- At least 100 different types grown worldwide
- NY is #2 in fresh cabbage production in the US
- NY grows around 11,000 acres each year
- Finger Lakes is one of the top growing regions

