



# Cabbage, Green

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Major growing area: USA

### Receiving Information:

- Selection: Choose cabbage that is compact and heavy for its size. Avoid heads with wilted or yellowing leaves.

### Storage/Handling:

- Yellowing: loss of leaves: Indication of ethylene exposure - keep cabbage away from ethylene-producing produce and ripening rooms. Maintain a proper storage temperature.

- Bruising; loose leaves: Cabbage may become bruised or lose leaves if it is handled roughly - keep handling to a minimum. Do not drop shipping containers on the floor.
- Wilting: Low humidity may cause rapid wilting in cabbage—maintain humidity level. Avoid over trimming which may also promote moisture loss and wilting.
- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: Yes

- Flesh Description: Crunchy when raw
- Skin Texture: Glossy, smooth
- Usage: Good for eating fresh and cooked.
- Outside Coloring: Green
- Shape: Round
- Taste: Slightly bitter; semi-sweet
- Phytochemical: Sulphoraphane and Indoles
- Use: Cabbage can be used as a base for salads, shredded for sauerkraut or cooked as a side dish. It can also be used in soup.
- Health: Cabbage is a member of the cruciferous family of vegetables, which are known cancer-fighters. Cabbage has been shown to help protect against colon cancer.

## Nutrition Facts

### Serving Size: 1 cup, chopped

Amount Per Serving

Calories 22	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 16 mg	1%
Total Carbohydrates 5 g	4%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 1g	2%
Potassium 151mg	3%
Vitamin A 1%	Vitamin C 43%
Calcium 4%	Iron 2%

\*Percent Daily Values are based on a 2,000-calorie diet.