

# Cabbage

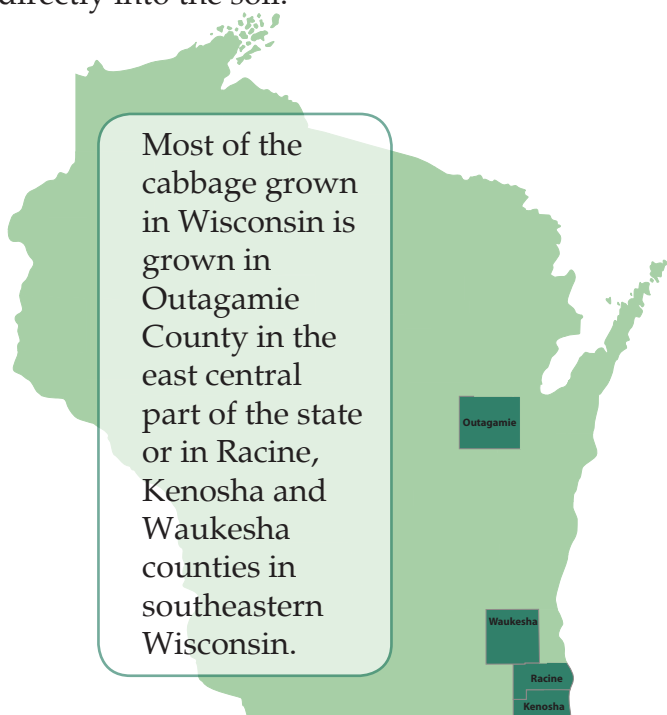
## How is cabbage grown?

Cabbage is typically grown from bare root transplants, or plugs. These are mailed to the farms in coolers and then put directly into the ground with a small plant already started.

Cabbage can also be direct seeded, like what you would do in your garden. Seeds are placed directly into the soil.



Most of the cabbage grown in Wisconsin is grown in Outagamie County in the east central part of the state or in Racine, Kenosha and Waukesha counties in southeastern Wisconsin.



**Fresh cabbage is available in Wisconsin from mid-June through late October.**

## Many colors, textures and sizes!

Fresh market cabbage grown in the state may be red or green, but it can also be blue or purple! Leaf texture may be smooth or savoy (crinkled).

## How is cabbage eaten?

Fresh eating, sauerkraut, coleslaw, stir fry, egg rolls, soups and assorted salads.

## Did you know?

- The history of cabbage dates back to **600 B.C.** where it was first cultivated in Greece.
- Wisconsin is a significant producer of the multi-use vegetable used for sauerkraut.
- Cabbage was a staple item of Europeans in the Middle Ages. Its juice was commonly used to heal wounds and as a cough remedy.

