

Cabbage can be green, red, purple, and white.



Cabbage can be eaten raw, as a salad, steamed, sautéed, stewed, steamed, or pickled. Sauerkraut and kimchi are popular pickled varieties and coleslaw is a popular cabbage salad.



**Cabbage can be round or conical in shape, with flat or curly, tight or loose leaves.**

**Cabbage is a very good source of fiber and an excellent source of Vitamins**

**C & K**

