



HOLLAND MARSH CABBAGE

FACTS

The cabbage is a member of the cruciferous family. Other vegetables that have developed (or evolved) from the early strains of cabbage include Brussels sprouts, cauliflower and kale. Cabbage is a round, hardy vegetable that is available in various shades of green, as well as red or purple varieties. Most varieties have smooth leaves, but some types have ruffled, textured leaves. Cabbage is usually shredded raw into salads or used as an ingredient in stews, soups or baked dishes.

Health Benefits: Cabbage is an excellent source of Vitamin K and a source of Vitamin C and Folate.

Number of acres farmed in the Marsh annually: 56 acres