

CABBAGE, CABBAGE EVERYWHERE

There are many varieties of cabbage eaten all over the world.

Taste test a few with your family and check your favorites!



Name

Tasty tip

Taste test

Red cabbage

Slice and sauté with apples and onions.

Tried it Liked it



Bok Choy

Chop white ends and cook first, add green leaves at the very end. Top with soy sauce.

Tried it Liked it



Brussels sprouts

Slice in half and toss with olive oil. Roast in the oven.

Tried it Liked it



Green cabbage

Slice and mix with shredded carrots for a yummy slaw.

Tried it Liked it



Other cabbage?

Get creative!

Tried it Liked it

TASTY TRIVIA

This vegetable has a bulb like an onion, a stalk like celery and tastes like licorice. **What is it?**

Answer: Fennel