

Cabbage Facts

-The world's largest cabbage ever was grown in England in 1865 and weighed 123 pounds. Many cabbages grow to be bigger than a basketball!

-Babe Ruth, the famous baseball player, used to wear a cabbage leaf under his hat during games. He would switch out for a fresh leaf halfway through each game.

-Cabbage is part of the Brassica family. Other members of this family are broccoli, kale, collards, and cauliflower.

-A certain type of worm, called a "cabbage worm," eats all the members of the Brassica family. Cabbage worms love Brussels sprouts, turnip greens, and cabbage of course.

-Cabbage is full of vitamins, like vitamin C, that are good for your body. Sailors used to take cabbage to eat on long journeys to help them stay healthy.

-Cabbage can be any shade of green, but it can also be purple, pink, red or white. The different colors come from the different chemicals in the cabbages. They are all very healthy.

-The leaves of a cabbage are layered. The outer leaves are usually darker in color because they get more sunlight than the inner leaves.

-People have been eating cabbage for thousands of years. In colder parts of the world cabbage is very popular because it is one of the only vegetables that will grow during the winter. Cabbage loves sunlight, but it can handle cold weather.

-Plant mint, beets, or cucumbers next to your cabbage to help it grow stronger and tastier. Growing cabbage next to these helps keep harmful bugs away.

-Rabbits, guinea pigs, and mice love to eat cabbage, so if you notice that your cabbage has bites taken out of its leaves, these animals may be to blame.

