

## Cabbage Talk



There are various types of cabbage, including red, green, Savoy, bok choy and Chinese (or Napa) cabbage. It is an excellent source of vitamin C and vitamin K for your raw recipes, and a great source of folate and fiber.

When selecting red or green cabbage for your raw recipes, choose heads with fresh, crisp leaves that are firmly packed; the head should be heavy for its size. Store cabbage in refrigerator, tightly wrapped in a plastic bag, for up to 2 weeks. This will help keep the cabbage fresh and helps retain its vitamin C content. Before using, rinse and blot dry. Lemon juice or vinegar added during cooking will preserve the color of red cabbage and keep it from turning purple.

Cabbage, like broccoli, kale and collard greens, is a member of the cruciferous family of vegetables that have been shown to arrest the growth of cancer cells. As a result, people who eat substantial amounts of these types of vegetables have remarkably low rates of cancer.

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