

# Cabbage

Did you know? The word cabbage comes from the French word *caboché*, meaning head. In the mid 1500's, French explorer Jacques Cartier brought the first cabbage to America. Cabbage is a good source of Vitamin C and K and can be eaten raw, steamed, or sautéed. The cabbage family includes several varieties such as Brussels sprouts, kale, bok choy, broccoli, and cauliflower.

