



Cabbage, Red

Purchasing Specifications

Availability:

Year round

Growing Regions:

Canada, USA

Receiving Information:

- Selection: Choose cabbage that is compact and heavy for its size. Avoid heads with wilted or yellowing leaves.

Storage/Handling:

- Yellowing: loss of leaves: Indication of ethylene exposure - keep cabbage away from ethylene-producing produce and ripening rooms. Maintain a proper storage temperature.

- Bruising; loose leaves: Cabbage may become bruised or lose leaves if it is handled roughly - keep handling to a minimum. Do not drop shipping containers on the floor.
- Wilting: Low humidity may cause rapid wilting in cabbage. Avoid over trimming which may also promote moisture loss and wilting.
- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Top Ice: No
- Odor Sensitive: Yes

- Flesh Description: Crunchy when raw, tender when cooked.
- Skin Texture: Glossy, smooth.
- Usage: Good for eating fresh, pickled and cooked.
- Outside Coloring: Red or blue.
- Shape: Round, tightly compacted leaves.
- Phytochemical: Sulphoraphane and Indoles.
- Taste: Sweeter than green cabbage.
- Use: Cabbage can be used as a base for salads, shredded for sauerkraut or cooked as a side dish. It can also be used in soup.
- Health: Cabbage is a member of the cruciferous family of vegetables, which are known cancer-fighters. Cabbage has been shown to help protect against colon cancer.

Nutrition Facts

Serving Size: 1 cup, chopped

Amount Per Serving

Calories 28	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 24 mg	1%
Total Carbohydrates 5 g	4%
Dietary Fiber 7g	5%
Sugars 3g	
Protein 1g	3%
Potassium 216mg	5%
Vitamin A 7%	Vitamin C 68%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000-calorie diet.