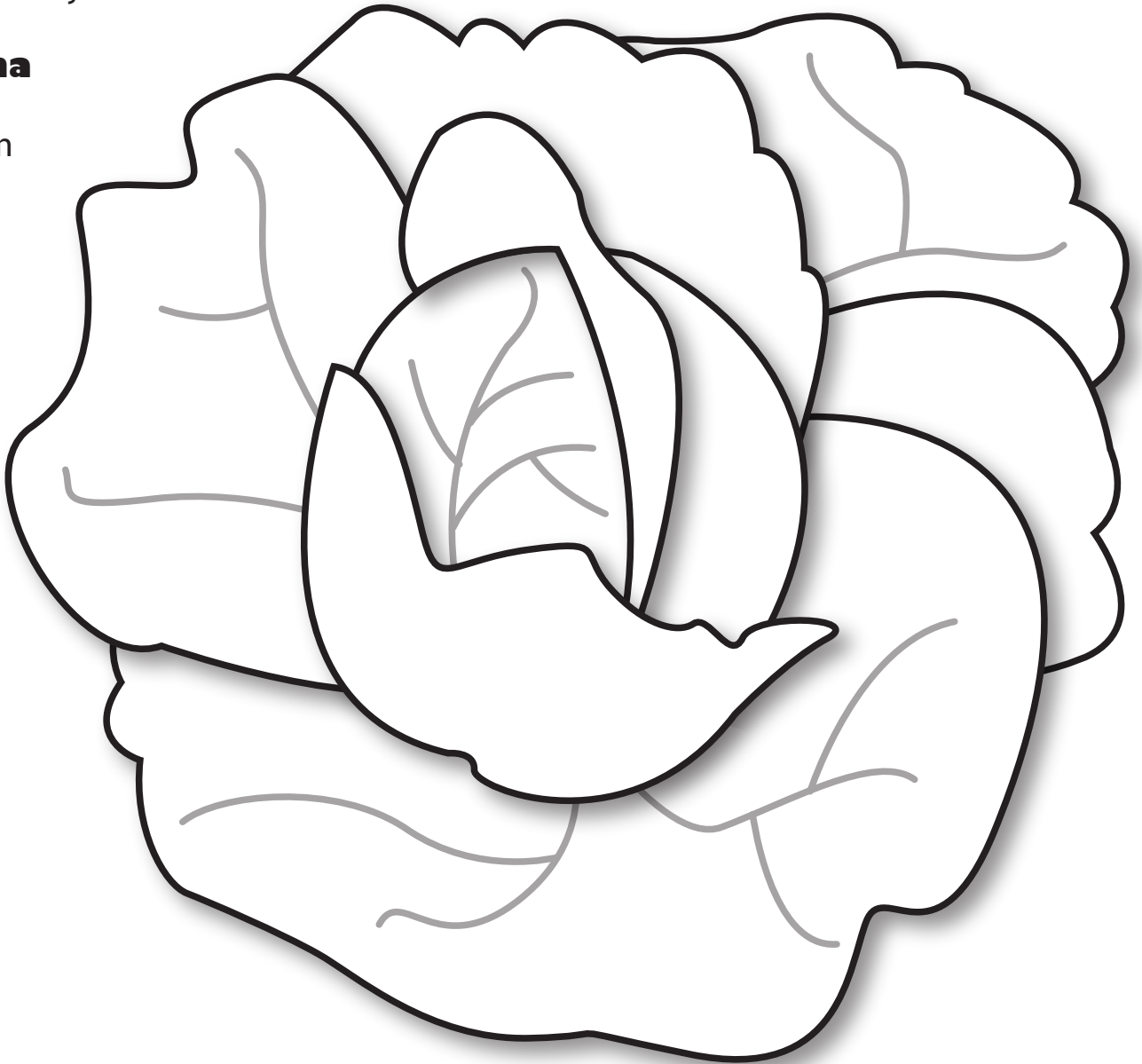


# CABBAGE

Cabbage could be called an ancient vegetable – since it has been around for centuries. It comes from the wild mustard plant. Ancient Greeks and Romans believed cabbage had healing properties. The leaves of the cabbage are eaten raw or cooked in a variety of dishes.

**Good for You:** Cabbage provides vitamin C and riboflavin. Riboflavin (vitamin B2) is important for healthy skin, hair and eyes.

**Louisiana Value:**  
\$5.3 million



# Connect-the-dots!

Connect the dots to create a

Louisiana specialty crop.

