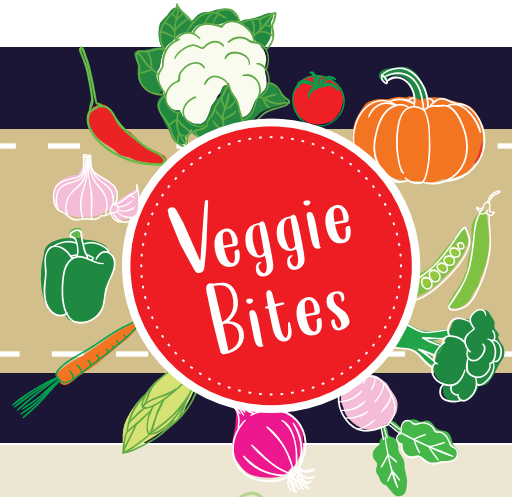


# Cabbage Repollo



Try It!



## APPLE COLESLAW

### Ingredients

- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 tablespoons yogurt, low-fat
- 1 tablespoon mayonnaise, low-fat
- 1 teaspoon lemon juice
- 1/4 teaspoon dill weed

### Instructions

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.
8. Toss well to coat with the sauce



## Selection

When choosing a head of cabbage, make sure the heads are solid, glossy, and light green in color. The stem ends should look healthy, trimmed and not dry or split.

Cabbage are vegetables which grow as leafy heads.

## Uses

Cabbage is delicious in salads or as coleslaw. It can be steamed, boiled, microwaved or stir-fried. It can also be added to pasta, soups, or stews. Sauerkraut is made from cabbage.

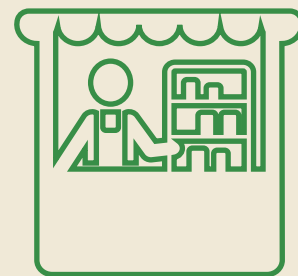
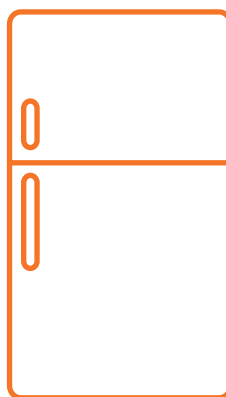
# History & Fun Facts

Cabbage originated nearly 2,000 years ago in the Mediterranean region. Cabbage was introduced to America in 1541-42 by French explorer Jacques Cartier, who planted it in Canada.

There are at least 100 types of cabbage grown in the world. The most common varieties in the U.S. are Green, Red and Savoy. Chinese varieties are also available. The two most common Chinese varieties are Bok Choy and Napa.

## Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended
- Drying produce with a clean cloth towel or paper towel may further reduce bacteria that may be present.
- Store fruits in a crisper drawer separate from the one which stores vegetables.



## BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

### NUTRITION FACTS

Fat free

Cholesterol free

Sodium Free

Rich in Vitamin C



Swipe at the Information Booth on the corner of 2nd and Main. Double your \$10 EBT swipe on the 1st Saturday of each month!



## FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at [www.5aday.org](http://www.5aday.org); <https://whatscooking.fns.usda.gov>

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