

# CABBAGE



RUSSIAN

**Kapusta (капуста)**

SPANISH

**Repollo**

VIETNAMESE

**Bắp Cải**

Look at this green cabbage! It is cut in half, so that we can see the inside and outside. See all of the layers inside? These layers are the cabbage leaves. Cabbage is delicious to eat. Who has tried cabbage? What did it taste like? We can eat cabbage leaves raw or cooked. When we cut up cabbage and mix it with a dressing, it's called a "slaw." We can also stir fry cabbage by cooking it in a big, round pan called a "wok." When cabbage sits for a long time, it's called sauerkraut.

# How do CABBAGES grow?



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Cabbages grow from seeds, and they need sunlight and lots of water to grow. Cabbage leaves grow close together in a round shape just like your head (point to cabbage head)! That's why we call it a cabbage "head." Cabbage roots grow under the ground. Cabbage leaves grow above the ground. We don't eat cabbage roots, but we eat cabbage leaves! When cabbage heads are big, like your head, we cut them from their roots and take them home to eat.

What other vegetables grow above the ground?



**SAME BUT DIFFERENT**  
**CABBAGES**



**Red Cabbage**



**Green Cabbage**



**Napa Cabbage**



**Savoy Cabbage**

There are many different kinds of cabbage. Here are four kinds (point to each one as you say the name):

1. Red Cabbage
2. Green Cabbage
3. Napa Cabbage
4. Savoy Cabbage

You can grow different kinds of cabbage in a garden. Farmers can grow different kinds of cabbage on their farms, too. Cabbages come in different colors, shapes, and sizes!

What colors do you see?

How are these cabbages the same?

How are these cabbages different?

Which is the red cabbage? Which is the green cabbage?





**Red Cabbage**







**Green Cabbage**





**Napa Cabbage**



**Savoy Cabbage**







**Green Cabbage**