

The Harvest of the Month for January:

RED & GREEN CABBAGE



Cabbage is a smart choice because it is:

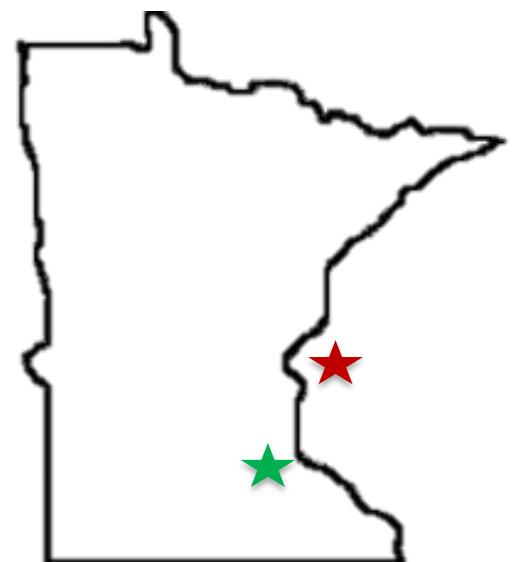
FREE OF **FAT & CHOLESTEROL**

A RICH SOURCE OF **PHYTOCHEMICALS**

HIGH IN **FIBER AND VITAMINS C & K**

DID YOU KNOW:

Phytochemicals are naturally-occurring plant chemicals that may **protect against some forms of cancer.**



Green Cabbage from Farmers Ben Doherty & Erin Johnson of Open Hands Farm, Northfield, MN

Red Cabbage from Farmer Ariel Pressman of Seed to Seed Farm in Balsam Lake, WI