



# Gleaning Cabbage



## Did You Know?

16.7% or 1 in 6 of New Jersey residents face food insecurity. Food insecurity is "the state of being without reliable access to a sufficient quantity of affordable, nutritious food." If you are in need of food, you are not alone. Farmers Against Hunger works with over 70 community organizations serving those in need including food banks, soup kitchens and pantries.

**Nutrition Facts:** 1 Cup of Shredded Cabbage, **Protein:** .9 g, **Fat:** .07 g, **Carbohydrates:** 4.06 g, **Fiber:** 1.8 g, **Sugar:** 2.24 g, **Calcium:** 28 mg, **Magnesium:** 8 mg, **Potassium:** 119 mg, **Vitamin C:** 25.6 mg

Source: USDA National Nutrient Database for Standard Reference; release 27

**Recipe:** *Oven Roasted Cabbage Rings*

**Season:** *Fall*

**Ingredients:** 1 head of green cabbage, 1 ½ Tbsp. olive oil, 3 large garlic cloves, salt and pepper to taste.

**Instructions:** 1. Preheat oven to 400 degrees and lightly oil a baking sheet. 2. Cut cabbage from top to bottom into 1 inch thick slices (rings). 3. Smash the garlic. Rub both sides of cabbage with garlic and olive oil. 4. Sprinkle each side with salt and pepper. Roast on the middle rack for 30 minutes, flip slices over, and roast for another 30 minutes.

## Fun Facts:

- ★ Cabbage is one of the oldest vegetables in existence.
- ★ Cabbage is a member of the Cruciferae family along with broccoli, collards, kale, and brussel sprouts.
- ★ Sauerkraut is a food made from fermented cabbage that sailors used to eat on long journeys to prevent scurvy.
- ★ There are at least one hundred different varieties of cabbage grown throughout the world, but the most common in the US are the Green, Red and Savoy varieties.

Source: Center for Nutrition Policy and Promotion.

For more information on **Farmers Against Hunger** and **NJ Agricultural Society**,  
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