

# Cabbage

- Rinse and slice in quarters, then chop to desired size.
- Enjoy raw in a coleslaw type salad, steam, sauté or braise, or pickle for sauerkraut.
- Take your time eating (up to 2 weeks)

Store in the fridge unwashed in an open plastic bag.

*Cabbage is a good source of vitamin K, vitamin C, and fiber.*

