

# SAVOY CABBAGE



## *Featured Food for Early Fall*

A savoy cabbage is a cruciferous vegetable with crinkly leaves and a mild flavor. It is typically thought to have originated in a region of the Alps, but is now grown in many places around the world. It is used in both raw and cooked dishes, and is often considered a good substitute for other types of cabbage.

## *Earth Story*

Cabbage has been cultivated for longer than almost any other vegetable on record. To be precise, more than 6,000 years! Savoy cabbage is said to have originated and gotten its name from the Savoy region of the Alps that encompasses parts of modern day France and Italy. It is particularly suited to being grown in temperate and colder climates, and grows well today in the United Kingdom and the northeastern United States.

## *Nutritional Benefits*

Unlike green cabbage, a smooth-leafed variety that is one of the more familiar forms found in many areas, savoy cabbage has a mild flavor and is less prone to putting off sulfurous odors. The leaves are also more tender, making them quicker and easier to cook. Savoy cabbage is free of fats, cholesterol and rich in vitamin A, K, C and B6. It also possesses protein, fiber, iron, manganese, folate, thiamin, potassium, calcium and magnesium.

## *Fun Facts*

In ancient China, scrolls touted cabbage as a magic cure-all for bald men. It's hard to say if there's any truth in this claim, but no one can deny cabbage is chock full of nutrients that promote good health. In fact, you can rid yourself of a terrible migraine by drinking raw cabbage juice daily, or placing a warm compress filled with crushed cabbage on your forehead. Might sound crazy, but many headache sufferers swear by this technique!



*Ask your chef for specific recipes and share your culinary experience with us.*

