

CABBAGE TRIVIA

A ½ cup of fresh or cooked cabbage is an excellent source what vitamin/vitamins?

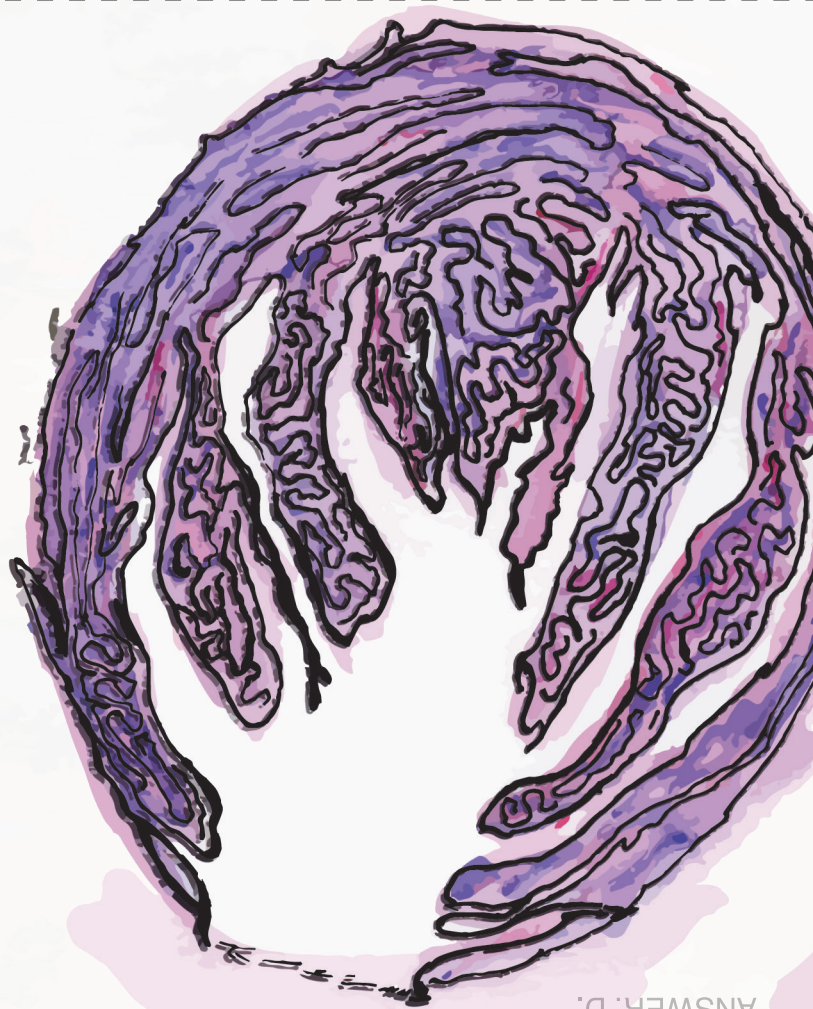
- A. Vitamin A
- B. Vitamin C and vitamin K
- C. Vitamin E
- D. Vitamin D and Vitamin H

ANSWER: B.

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Cabbage is one of the oldest known vegetables and has been planted and harvested for how many years?

- A. 100 years
- B. 500 years
- C. 1,000 years
- D. over 4,000 years



ANSWER: D.



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What country considers cabbage as their national food?

- A. Russia B. France C. Brazil D. Egypt

ANSWER: A.

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Cabbage has a history of being used for all EXCEPT which of the following?

- A. Food B. Medicine C. Clothing



ANSWER: C.