

CABBAGE

Leafy Green Brassica

Cabbage contains 20 different flavonoids and 15 different phenols in, all of which have demonstrated antioxidant activity. This impressive list of antioxidant phytonutrients in cabbage is one key reason why an increasing number of studies link cabbage intake to decreased risk of several cardiovascular diseases.

Serving suggestions:

Shred into fine pieces and use as a taco topping

Shred and massage to soften, use as a salad base topped with your favorite veggies

Pack shredded salted cabbage into mason jars and let sit for 2 weeks to make sauerkraut

Coleslaw! Serve at all your summer get-togethers

Nutrition Tip:

Cabbage is one of many hearty vegetables that stand up well to fermentation.

Fermentation, the process by which naturally occurring beneficial bacteria "pre-digest" some of the fibers in our vegetables, increases the content of many different antioxidants, and makes other important vitamins easier for the body to digest. You can purchase unpasteurized fermented vegetables from natural grocers, or you can make your own for pennies on the dollar.

**ETHICALLY GROWN/RAISED
PRODUCE, MEAT, AND EGGS
BY STONYLEDGE FARM**

**BIO-INDIVIDUAL NUTRITIONAL
THERAPY SERVICES BY
NICOLE CEIL, NTP**



Nicole Ceil, NTP

Certified Nutritional Therapy Practitioner

NicoleCeilNTP@gmail.com

NicoleCeilNTP.com

NicoleCeilNTP

860.415.1155