

HARVEST of the MONTH in the CLASSROOM



CABBAGE

HISTORY

Cabbage originated in Asia more than 4,000 years ago. The Celts (tribes speaking Celtic languages from central Europe) brought cabbage from Asia to Europe 600 years before Christ (600 B.C.). In 1536, a French explorer named Jacques Cartier brought cabbage to North & South America. During the 17th and 18th centuries, cabbage was a food staple in such countries as Germany, England, Ireland, and Russia, and pickled cabbage was frequently eaten. Sauerkraut was used by Dutch, Scandinavian, and German sailors to prevent scurvy during long ship voyages.

FUN FACTS

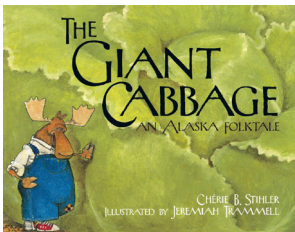
In 2012, Scott Robb, from Alaska, set the world record for the biggest cabbage ever with his cabbage that weighed 138 lbs!

Cabbage is full of vitamin C. Explorers sailing on ships in the 1600s brought pickled cabbage to prevent scurvy.

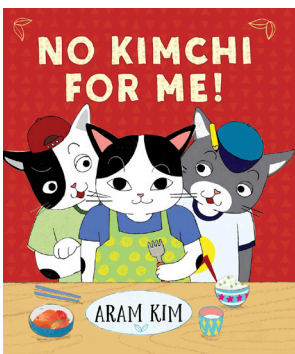
Scrolls from 1000 BC found in China stated cabbage could be used to cure baldness in men.

Cabbage is from the family Cruciferae. The name comes from the Latin word meaning cross, because the flowers are cross shaped.

BOOK RECOMENDATIONS



Stihler, Cherie. The Giant Cabbage: An Alaska Folktale. 2003. An old Russian folktale inspired The Giant Cabbage, but this contemporary version showcases Alaska with vivid illustrations, adorable animal friends, and verbal twists and turns.



Kim, Aram. No Kimchi for Me. 2020.

Celebrating family, food, and growing up, this story about a Korean-American family will appeal to picky eaters and budding foodies alike. Aram Kim's lively art is filled with expressive characters and meticulous details—and of course, mouth-watering illustrations of traditional Korean dishes and ingredients.

CABBAGE AROUND THE WORLD

Grades 3-5 • 45 minutes



CABBAGE

OBJECTIVES

Students will compare the way cabbage is featured in cooking around the world.

ESSENTIAL QUESTIONS

- How is cabbage used in cooking in different parts of the world?
- How might these uses of cabbage reflect the culture they are from?
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MA STATE FRAMEWORK(S)

- 2T4

MATERIALS

Map or atlas
Map outline for students to label

PROCEDURE

Warm Up

Group discussion about cabbage. What types of cabbage are there? Have you ever eaten any type of cabbage? How was the cabbage prepared? Did you like the taste?

Activity

Share with students that cabbage is eaten all over the world and is a very important food for many different cultures. Cabbage is prepared in different ways in different places. View the attached handout for descriptions of important cabbage dishes eaten in different countries.

Instruct students to read the description of each cabbage dish on the handout. As they read, they should think about how the dish might taste. Do they think some of the cabbage dishes would taste similar? How are they different? After reading about a food, follow the directions and color in the place that food is often eaten.

If your students have access to a computer or tablet, they can make maps using Google Maps (mymaps.google.com) and pin each dish. They could also use the map template on Padlet (www.padlet.com).

EXTENSIONS & VARIATIONS

Watch *A Mom Teaches Korean Americans to Make Kimchi* (<https://www.youtube.com/watch?v=IPzVop2QPwY>) and discuss what you learn.

Do a kimchi taste test. Be aware that kimchi can be very spicy. There are recipes for kimchi for children (<https://www.fermentingforfoodies.com/kid-friendly-kimchi/>) that have less spices, and also some that leave out the seafood for food allergies and dietary restrictions.

Read and discuss *Kimchi Facts for Kids* (<https://kids.kiddle.co/Kimchi>)

CABBAGE AROUND THE WORLD

MAPPING HANDOUT



KIMCHI Kimchi is a spicy, sour food from Korea. It is made of cabbage, hot peppers and other spices. Sometimes other vegetables, like cucumbers and radishes, are added with the cabbage or used instead. Kimchi is fermented, like yogurt or sourdough bread. Good bacteria change the ingredients into a very flavorful sauce or side dish. Kimchi is the national dish of Korea, and on average, people who live in Korea eat 40 pounds of kimchi each year! It is very popular there! It is also very healthy being full of vitamins like B and C and probiotics which aid digestion. Color South Korea red because Kimchi is sometimes red because of the hot peppers used in it, which are a bright red color!

SAUERKRAUT Sauerkraut means "sour cabbage" in German. Like kimchi, it is fermented. It doesn't have any spices though, just salt, so it has a different flavor from kimchi. Sauerkraut is eaten in Germany, Russia, Poland, the Netherlands and in the part of France that is next to Germany. It is usually eaten with pork, sausage, hot dogs, or bacon (all of which come from the meat of pigs). It tastes kind of like relish, but has a stronger flavor and you eat more of it (like a whole pile, not just a squirt). Color Germany and Russia (just two of the many countries where sauerkraut is eaten) yellow because sauerkraut is a light yellow color.

SURKAL Surkal is a kind of cabbage eaten in Norway and Sweden. It is similar to sauerkraut, but sweeter, with apples often added, and caraway, a sweet spice. Also, the cabbage is cooked in butter, while sauerkraut is fermented and not cooked. Color Norway and Sweden purple.

COLESLAW Coleslaw is a salad made mostly of shredded raw cabbage, with dressing added. Coleslaw originated in Europe, but has become a very common summer dish in the United States. In Europe, coleslaw is made with a vinegar and oil dressing, while in the United States, it is usually made with mayonnaise or buttermilk and almost always has carrots. Draw an arrow from Europe to the United States. Color the United States blue.

GOLUMPKI Golumpki comes from Poland. It is a cabbage roll made from cooked cabbage leaves wrapped around a mixture of meat, onions and rice that has been baked in a casserole pan. Color Poland brown.

CURTIDO Curtido is made from fermented cabbage, onions and carrots. It is similar to kimchi, sauerkraut, and relish. It is usually eaten with pupusas, which are thick corn tortillas filled with meat or cheese. Curtido comes from El Salvador. Color El Salvador orange. Curtido is also eaten in other countries in Latin America, like Mexico.

THORAN Thoran is from southwestern India. It is made by cooking finely chopped vegetables with hot peppers, curry spices, onion and coconut. It is often made with cabbage but can also be made with other vegetables, like beets or spinach or green beans. Thoran is usually eaten on top of rice. Color India green.

BUBBLE & SQUEAK Bubble and squeak is made in England and the rest of the United Kingdom. It is a breakfast food made using leftovers from the night before. It has lots of cabbage and potatoes, and also some carrots, peas and sometimes chopped meat. The cooked, chopped vegetables & meat from dinner are made into a little cake and then fried in a pan until heated through and golden brown. The name bubble and squeak comes from the sounds the cake makes as it is frying in the pan. Color England gray.

Last but not least, make a key for your map showing what foods each color represents. Kimchi - Red Sauerkraut - Yellow Surkal - Purple Coleslaw - Blue Golumpki - Brown Curtido - Orange Thoran - Green Bubble and squeak - Gray

Sources for Cabbage Across Cultures:
www.thekitchn.com/cabbage-in-traditional-dishes-149116

Source: www.vermontharvestofthemonth.org