

AVAILABLE/IN-SEASON
JULY-NOVEMBER

Updated 11/2024

Michigan Cabbage

Michigan cabbage: Crisp and fresh, a staple in the state's vegetable industry.

Michigan Cabbage Facts:

- Michigan ranks ninth in the nation in the production of cabbage and third for processed cabbage.
- Michigan produces several varieties of cabbage in staggered harvests, producing a longer fresh cabbage season
- In 2016, Michigan farmers across the state produced 115.5 million pounds of cabbage worth \$17 million

Nutrition

- Cabbage is low in saturated fat and cholesterol
- Cabbage is high in dietary fiber, vitamins C and K, folate, potassium, manganese, iron and magnesium
- One cup of raw cabbage contains 16 calories and 172 mg of potassium

Did you know, Michigan ranks nationally in the production of this leafy green? While cabbage isn't in season year-round, you can find it throughout the year in its processed forms.

