



# Cabbage

**Cabbage is grown in 4 main  
Western Washington counties:  
Skagit, Snohomish, Island  
and Clallam.**

**Cabbage is an excellent source of vitamin C. It also contains the anti-inflammatory glutamine.**



To keep cool during  
baseball games,  
Babe Ruth used  
to wear a wet  
cabbage leaf  
under his hat.

