



### What is it ?

The red cabbage belongs to the cruciferous family of vegetables, which also includes broccoli and cauliflower. It is distinguished by the violet colour of its many compact leaves. Impressive, huh ? The red cabbage is one of the oldest vegetables grown on Earth !



### When can it be eaten ?

It is available year-round. But did you know that the main harvest season for cabbage begins in October, just after the first frost ?

## Discovering the

# RED CABBAGE



### What foods feature the red cabbage ?

Look for its distinctive colour! During the winter, it adds colour and vibrancy to a variety of dishes.

soups

stews

sautés

coleslaw

cabbage rolls

sauerkraut

stuffed  
cabbage  
cannelloni



### Its particular leaves

Do you know why its inner leaves are paler than its outer leaves ? This is due to the simple fact that the inner leaves get less exposure to the sun. Look closely. Cut a red cabbage in half and take the time to observe it. What do its purple and white streaks look like (strangely enough) ? You guessed it: a brain !



# CONTINUE EXPLORING THE RED CABBAGE

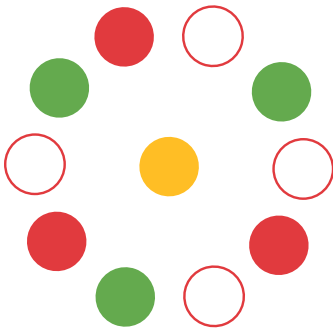
Actively challenge your campers, test their knowledge and discover all of this veggie's secrets.

## Lively coleslaw

**Duration :** 5-10 minutes

**Materials :** one ball per player, except the player in the middle.

- Step 1 :** Have your campers form a large circle, and give them each a ball. The balls represent cabbages. The player occupying the centre of the circle is the only one without a cabbage. That player acts as "game master."
- Step 2 :** The game master assigns a cabbage variety to each player, ensuring that three different varieties are assigned. Make sure the players are positioned as shown in the drawing below.



Each circle colour is associated with a cabbage variety, with the game master (seen in yellow) positioned in the centre.

- Step 3 :** At the start of the game, all the players must bounce their cabbages off the ground. The game master then names one of the varieties, and the players assigned to it must place their cabbage on the ground and immediately switch places before picking up the cabbage from the ground again.
- Meanwhile, the players whose cabbage variety was not named must continue bouncing their cabbage on the ground.
- Step 4 :** The game master can also say the word "coleslaw" as a cue for all the players to leave their ball on the ground and switch places with any other player in the circle.
- While the players are switching places, the game master tries to take the place of one of the players by picking up a ball up from the ground.
  - The player who loses their place moves to the middle to become the game master, and the game resumes, repeating steps 2 to 4.



## Sing the cabbage with your group

*Do you know how to plant cabbage ?*

## Natural Tie-Dye

**Duration :** 1 hour

**Materials :** 1 knife, 1 red cabbage, 1 large saucepan, 1 stove, 1 strainer, 2 large bowls, 1 white shirt, some string, 1 rope, clothes pins

**Attention :** Some steps should be completed by the counselor.

- Step 1 :** Cut the red cabbage in four. In the saucepan, cover the cabbage with water and boil for 30 minutes.
- Step 2 :** While the cabbage is boiling, wrinkle parts of your shirt and use a string to keep them wrinkled. Then, roll your shirt like a sausage and tie it with the string.
- Step 3 :** Turn off the heat and let the cabbage cool for five minutes. Strain the cabbage to reserve the liquid. Place the cabbage in the compost.
- Step 4 :** Wet your shirt with cold water to make it damp. Place it in the bottom of a bowl and pour the cabbage cooking water over it. Let the shirt absorb the liquid for at least 10 minutes.
- Step 5 :** Once the shirt cools down, press on it to remove the excess water. Untie the string and let the shirt air dry on a clothesline.

**PSST :** Using a show of hands, have the campers guess the colour of the shirt. Will it be red ? Pink ? Purple ? None of the above! Boiled cabbage causes the shirt to turn **BLUE !**



## Nourish your expressiveness !

Power Up has invented a colourful new expression:

"This is no average cabbage activity !"

Your challenge? To integrate it into your program for the day. Ask your campers to coin their own expression for the day.



# CONTINUE EXPLORING THE RED CABBAGE

It's time for a taste test!



## Taste it !

**Duration :** 30 minutes

**Objective :** Discover the cabbage family and use the five senses to explore the differences between the varieties.

**Materials :** 1 red cabbage, 1 green cabbage, 1 white cabbage, 1 Brussels sprout (1 leaf from each cabbage per camper).



### Examine them with your eyes

- Describe the different colours you see in each cabbage.
- Do the colours remind you of another food item ? Which one ?
- Examine the size of the leaves. Are they large, small, thin, thick ?
- Do you find the cabbages appetizing ? Why ?



### Explore them with your hands

- If you take whole cabbages, can you name them, from the lightest to the heaviest ?
- How would you describe the texture of the leaves (smooth, soft, coarse, etc.) ?



### Recognize them by their smell

- Do you like the smell? Why ?
- What exactly do they smell like (woody, smoked, floral, fresh, etc.) ?
- Can you recognize the smells of the different cabbages with your eyes closed ?
- Have you ever smelled cooked cabbage ? If so, describe the differences between the smells.



### Listen to their sounds

- When you tear a leaf in two with your hands, does the sound differ from one cabbage variety to the next ? Why ?
- Have you listened to the sound it makes when you bite into it ? What does it sound like ?



### Explore them with your mouth

*Their taste*

- How would you describe their taste ?
- Is their smell representative of their taste ?
- Which cabbages do you like most ? Why ?

#### **Tastes**

- Sweet: like candy
- Bitter: like grapefruit
- Acidic: like lemon
- Salty: like salt

*Their texture in the mouth*

- What word would you use to describe it ?
- What do you like/dislike about it ?
- Can you compare the texture to other foods you've eaten?

#### **Textures**

- Crunchy : like a celery
- Crusty : like a dried banana
- Juicy : like an orange
- Sticky : like caramel

## For the curious

*Try the Magic tricks activity!*

*Impress your group with this colourful science experiment.*



For additional ideas on words to use when tasting foods with the senses, please refer to the [Tasting Expert](https://portail.tremplinsante.ca/) activity on the PU portal. <https://portail.tremplinsante.ca/>

## Don your aprons !

*Ready, set, cook! Visit the website at [www.tremplinsante.ca](http://www.tremplinsante.ca) for recipes that feature cabbage:*

- Homemade coleslaw from the "Bread Stuffed with Pulled Pork" recipe
- Asian napa coleslaw (replace the napa cabbage with red cabbage).
- Red cabbage salad with apple and cranberry.

