

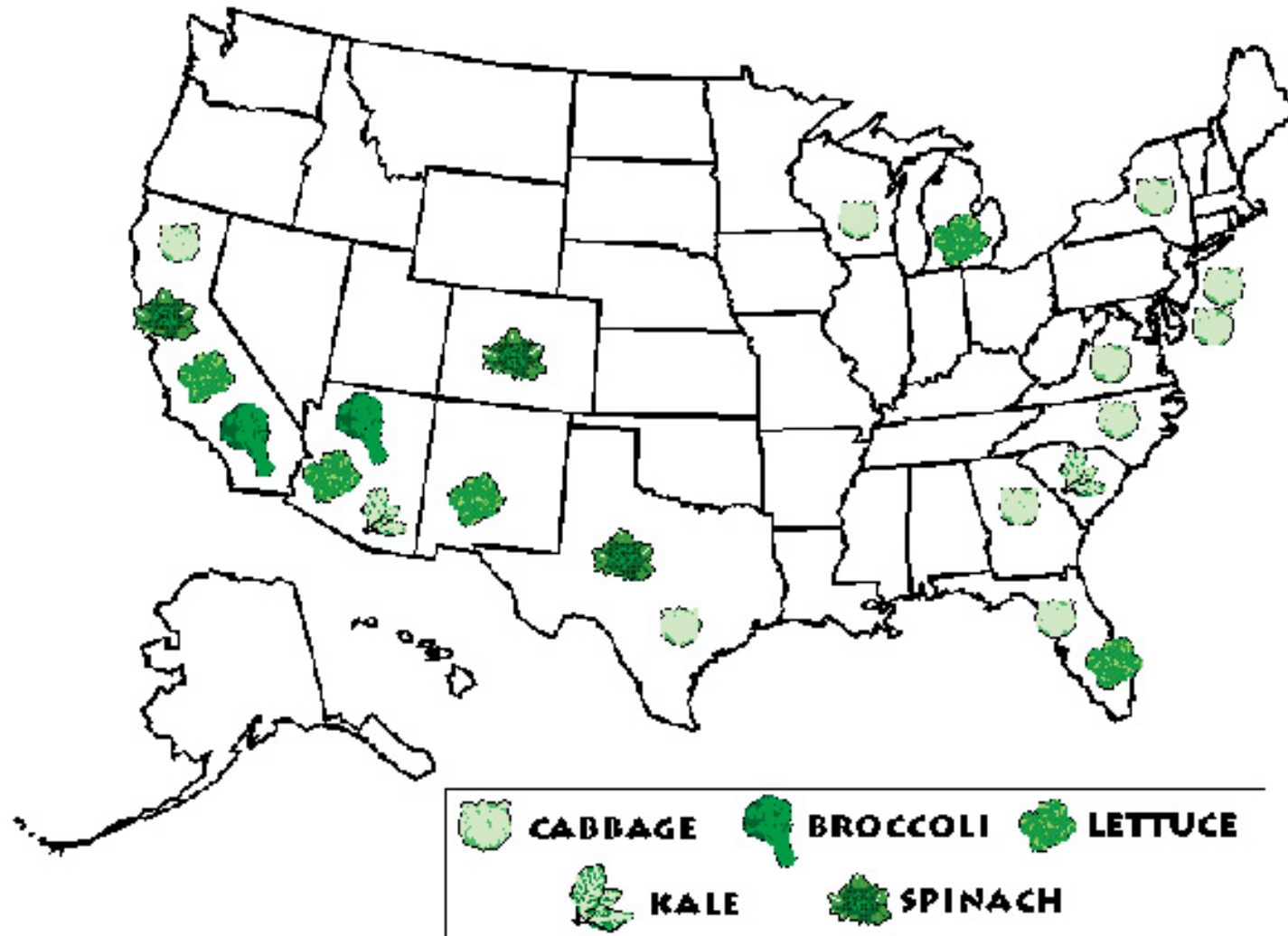


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Social Studies #1: CRUCIFEROUS CRUSADERS CONNECTION





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Social Studies #2: Origins

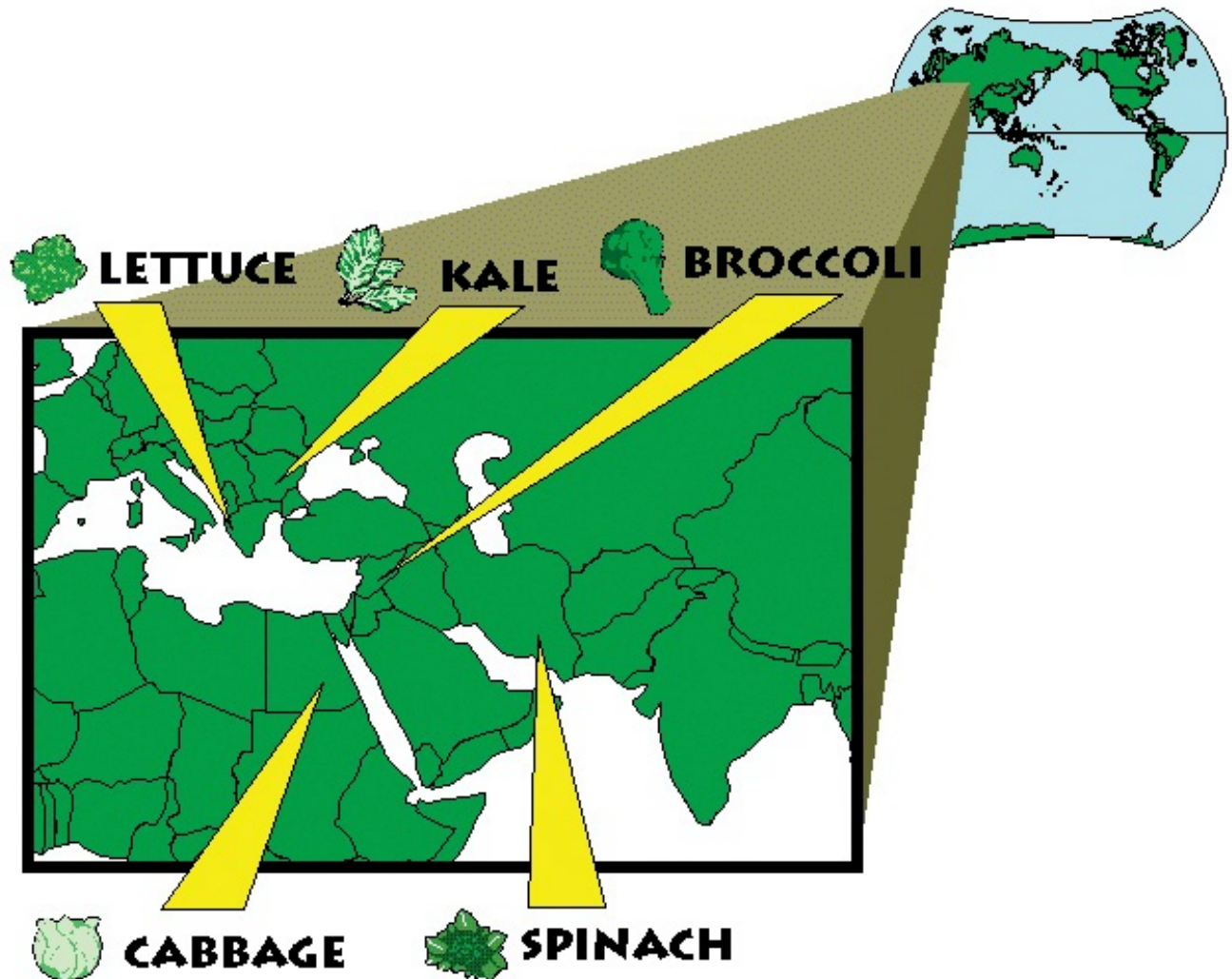
CABBAGE: One of the oldest vegetables, has been in cultivation for over 4,000 years. Like many Americans, it had its origin in foreign lands. The common cabbage and related varieties were probably all developed from a wild cabbage native to the coast of Europe. It is believed cabbage was domesticated in the Eastern Mediterranean region.

BROCCOLI: Broccoli originated about 2500 years ago from the wild cabbage common in coastal Europe.

LETTUCE: It is believed that lettuce originally was native to Europe and Asia. Lettuce has been in cultivation for over 2500 years.

KALE: Kale is native to Western Europe. It is thought to be the ancestor of cabbage.

SPINACH: Spinach is considered native to southwestern Asia, but it has been cultivated in Europe since the 11th century.





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Social Studies #3

LEAFY GREEN VEGETABLES - FROM THE FARM TO YOUR TABLE

