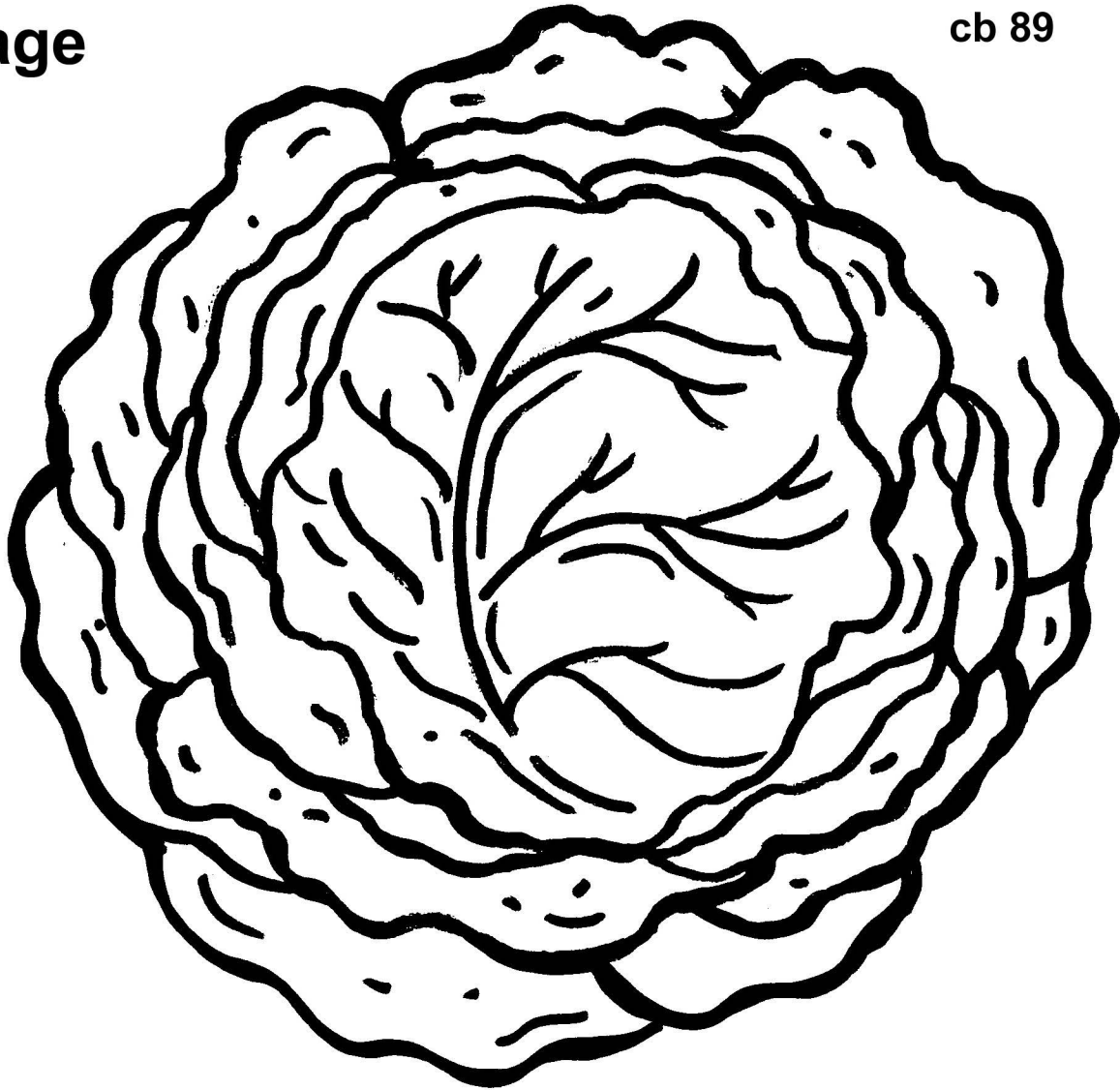


**cabbage**

cb 89



UNIVERSITY OF ILLINOIS  
**EXTENSION**

Graphics by Mary Connors 2001

Visit our website: <http://web.aces.uiuc.edu/wellnessways/>