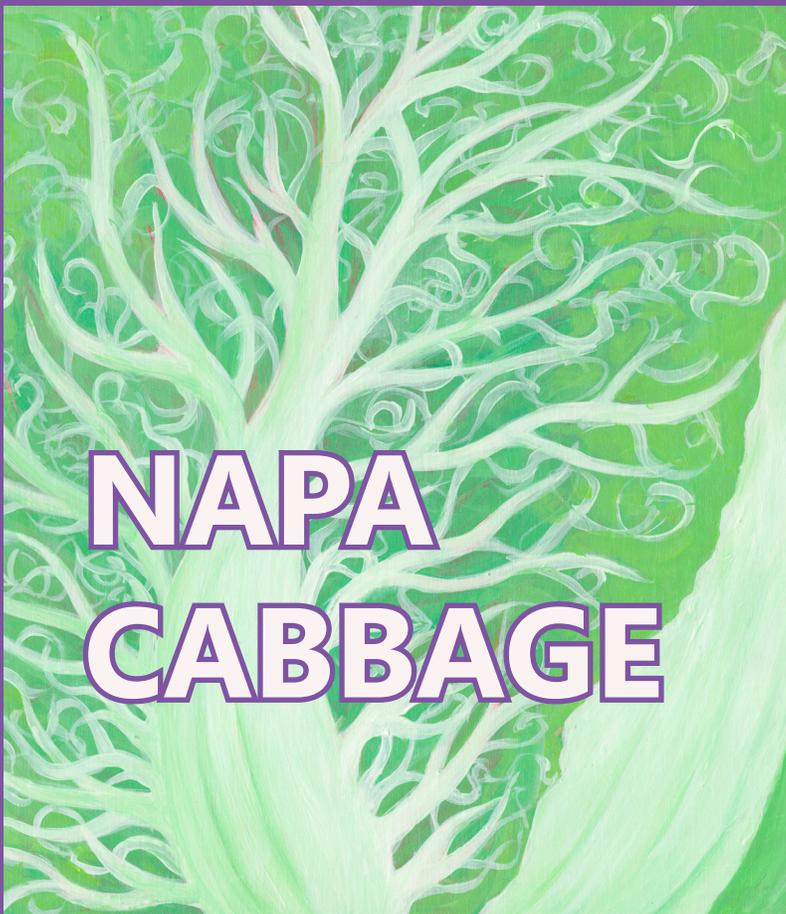


Harvest of the Month



Literature Links

- *In Our Garden*, by Pat Zietlow Miller
- *Dumpling Soup*, by Jama Kim Rattigan
- *Katie's Cabbage*, by Katie Stagliano

Joke Corner

A napa cabbage and a carrot get into a race. Who wins?

The napa cabbage, it's a head!

A cabbage was falling asleep during class. The teacher came over and said: "Wake up! This is no time for a napa!"

Local Highlight

Napa cabbage is a cool weather crop that does well in Humboldt. Check out our video about Willow Creek Farms and their napa cabbage!

vimeo.com/channels/hcoenutrition

Harvest of the Month



NAPA CABBAGE

Brassica rapa



Spanish: el col napa, el repollo napa
Hmong: zaub qhwv

Nutrition Power

Napa cabbage is a good source of folate and vitamin K.



Folate

Helps keep your energy steady!



Vitamin K

Helps keep your bones strong!

History

Napa cabbage is a type of Chinese cabbage that likely originated near the Beijing region of China. It is thought that napa cabbage was created by crossing a turnip with the vegetable bok choy. From China, napa cabbage spread to Korea and Japan and became an important part of the cuisines there. Today it is grown and eaten throughout the world. Napa cabbage is oblong or elongated, not round like green cabbages. It also has a more delicate texture, which makes it perfect for eating raw.



Did You Know?

- Plant part we eat: LEAF
- Napa cabbage is a member of the brassica family, which also includes broccoli, Brussels sprouts, and kale.
- The word "napa" comes from the Japanese word *nappa*, which means "leaf vegetable."
- Napa cabbage comes in green and purple.
- Napa cabbage is used as a sign of prosperity in China and often appears as a symbol in glass, jade, and porcelain figures.
- Napa cabbage is fermented to make kimchi, a traditional Korean side dish that is eaten with almost every meal.

