

Harvest of the Month



NAPA CABBAGE



TASTE - MAKE - LEARN

The Humboldt County Office of Education put this kit together so you can do Harvest of the Month with your family!

1. **TASTE** some napa cabbage on its own.
2. **MAKE** a dish with napa cabbage using the recipe and ingredients provided.
3. **LEARN** about napa cabbage with the information below.

Fun Facts

- Napa cabbage originated near the Beijing region of China and is widely used in East Asian cuisine. Korean meals often include fermented napa cabbage in the form of kimchi.
- Napa cabbage has a lighter texture and flavor than green cabbage which makes it perfect for eating raw.
- Napa cabbage is an annual, cool season vegetable. It can be purple or green.
- Napa cabbage is an excellent source of vitamin C which helps you fight off infection!

Local Connection



Jennifer and Michael Peterson of Willow Creek Farms grow organic fruits and vegetables on 20 acres along the Trinity River. They harvest many types of brassicas in the fall and winter, including napa cabbage.



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services



Enrolled in CalFresh? Don't forget to complete your semi-annual report, also known as the SAR 7! Call the Eureka Call Center to verify when it is due: 1-877-410-8809.