



NAPA CABBAGE

- Napa cabbage is a type of Chinese cabbage that originated near the Beijing region of China and is widely used in East Asian cuisine.
- It has a more tender bite than green cabbage, with a slightly sweeter flavor when raw.
- Napa Cabbage has thinner oblong shaped leaves that are not as tightly packed as other cabbage varieties. There are purple and green varieties.
- Napa Cabbage is an excellent source of vitamin C.



SCIENCE: Cabbage Leaf Experiment

Source: giftofcuriosity.com

Supplies:

- Three large leaves from a napa cabbage
- Three glasses
- Water
- Liquid watercolor paints (food dyes would also work well)

Directions:

1. Place one leaf into each of 3 glasses filled with colored water (choose 3 different colors).
2. Check every day for 5 days and note changes.
3. This is a great activity to help kids see visually how leaves take up water and distribute it to all parts of the leaf.
4. Start a discussion based on results. What happens if our food is irrigated with low quality water (such as waste water or water with toxins in it)? Talk about the importance of clean water and protecting our water sources.