

Harvest of the Month

Napa Cabbage



FUN FACTS:

Crisp • Mild Cabbage Flavor • Delicate Sweetness

This low-calorie vegetable is a nutritional powerhouse! It is an excellent source of calcium, Vitamins C and K, and antioxidants, which aid in healing wounds and protecting the heart.

It is oblong-shaped with tightly packed crinkly leaves in white to green. This cabbage comes from a Japanese word (nappa). It is commonly used in Asian cooking. Enjoy it cooked in a stir-fry or raw in an Asian-style coleslaw.

This institution is an equal opportunity provider.

