



Napa Cabbage



NAPA

More than an Asian Staple Crop

Napa Cabbage is a niche product historically grown for and marketed primarily to Asian consumers. A staple of Asian cuisine, it is served in Kimchi, wrap and stir-fry recipes. The product has recently evolved beyond that market, whether as a replacement for regular cabbage and crisp greens or for such adventurous culinary fair as braised Napa Cabbage.

Preparation Suggestions

Some examples to help Napa Cabbage cooks think outside the bok choy:

Napa Cabbage Soup: A few cups of crisp, crunchy Napa Cabbage can liven up your favorite vegetable, chicken or beef soup. Added bonus—extra body and fewer calories than most other ingredients.

Napa Cabbage Taco Slaw: We're all about that taco life. Fish and shrimp tacos with tangy taco slaw topping get a texture turn up with Napa Cabbage.

Braised Napa Cabbage: A hearty skillet side dish. Add cut-up white stems of Napa Cabbage to a skillet, covered with vegetable broth, ground ginger, garlic powder and soy sauce. Cook until soft.

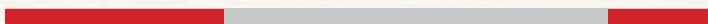
Napa Cabbage

Size	Pallet
WGA	20
50-Lb.	35
30-Lb.	49

Availability

Thermal

JAN FEB MAR APR MAY JUNE JULY AUG SEP OCT NOV DEC



Gilroy

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