

# Chinese Cabbage



# Chinese Cabbage Facts

- Chinese cabbage has crinkly, thickly veined leaves that are cream-colored with celadon green tips.
- It is also known as Napa cabbage.
- Unlike the strong-flavored waxy leaves on round heads of cabbage, Chinese cabbage is thin, crisp, and delicately mild.
- It can be served raw, sautéed in stir fries, baked or braised. It absorbs the flavors of the foods and spices that it is cooked with.
- Its Latin name is *Brassica rapa*, variety *pekinensis*.
- Chinese cabbage is rich in Vitamin C and other nutrients.
- It is best stored in the refrigerator wrapped in plastic.
- It originated in China before the 15<sup>th</sup> century and became a staple in Northeastern Chinese cuisine for making *suan cai*, a Chinese sauerkraut.
- It is often used as the main ingredient in *kimchi*, a traditional Korean side dish made from salted and fermented vegetables.
- Its mild flavor is similar to that of celery (although Chinese cabbage is not related to celery), and its leaves are thinner and more delicate than those of cabbage.
- Chinese cabbage quickly goes to seed (produces flowers and seeds) during warm summer days. Dry weather accelerates the process.

