

Word Search!

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 E T U T I T S B U S V B



Napa cabbage is native to China. It has been grown there since the 14th century. It is also very popular in Korea and Japan. Napa cabbage was brought to European and American nations through immigrants who made the vegetable a popular substitute for regular cabbage.

Barrel, cabbage, China, green, Japan, Korea, leaves, mild, Napa, substitute, torpedo, vegetable, vitamins

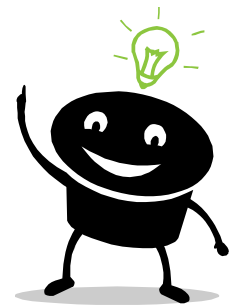
Veggie of the Day...

Nutrition Facts	
Serving Size 1 ounce, shredded	
Amount Per Serving	
Calories 7	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Vitamin A 10%	Vitamin C 17%
Calcium 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Local Napa Cabbage!



Napa cabbage is a barrel to torpedo shaped cabbage with darker outer layers and yellow to white inner leaves and core. It is generally used in place of regular cabbage because of its mild flavor. Napa cabbage is popular especially in Chinese cooking and can be used in soups, salads, stir fries, cole slaw, grilled, stewed, or eaten raw.



Did You Know

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Napa cabbage is also called "Chinese cabbage" named after its roots in China.

Napa Cabbage Cole Slaw

Ingredients: • 1lb shredded Napa cabbage • ½ lb snow peas • 2 carrots, shredded • 1 red pepper sliced • 3 sliced scallions • 4 tbsp lemon juice • 4 tbsp rice wine vinegar • 4 tbsp olive oil

Bring a large pot of water to boil and cook snow peas for 15 seconds, then strain and put in a bowl of cold water. Drain and slice. Combine all ingredients in a large serving bowl. Add salt and pepper to taste. Toss to coat and serve cold.