

# NAPA CABBAGE



*Napa cabbage, or Chinese cabbage, is a leafy vegetable from East Asia that is widely used in Chinese, Korean, and Japanese cuisine. Elongated and compact, it is distinguished by its pale green to yellow leaves, veined with white, crisp and juicy. Its mild flavor, similar to a mixture of lettuce and cabbage, makes it a versatile ingredient, enjoyed raw, sautéed, braised, or fermented in kimchi.*

## AVAILABILITY AND PROVENANCE

### ✓ PROVENANCE

#### QUEBEC

#### UNITED STATES

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

## TARGET CUSTOMER: ASIAN

## OPTIMAL TEMPERATURE FOR CONSERVATION

0°C- 2°C de 1 to 2 weeks

## PURCHASE GUIDE

Look for firm, heavy heads for their size, with crisp, bright green leaves. Avoid cabbages with wilted or discolored leaves.

## CONSUMPTION

Napa cabbage is commonly used in stir-fries, soups and salads, or even fermented to make kimchi, a traditional Korean side dish. Its crunchy texture and mild flavor make it a versatile ingredient in many Asian-inspired dishes.

## NUTRITIONAL VALUE

Light and hydrating, nappa cabbage provides fiber, vitamins C, K, B6, and B9, as well as calcium, potassium, and a little iron. Rich in antioxidants, it supports immunity and protects cells from oxidative stress.

