

NAPA CABBAGE



- In Yuma County, production of all cabbage, including Napa, was valued at \$1.5 million in 2006. Yearly cabbage acreage consistently hovers around 1000 acres.
- The world's largest cabbage is credited to William Collingwood of County Durham, England, whose prized cabbage in 1865 weighed in at 123 pounds.
- Emperor Claudius called upon his Senate to vote on whether any dish could surpass corned beef and cabbage. (The Senate voted a resounding nay!).
- Cabbage is considered Russia's national food. Russians eat about seven times as much cabbage as the average North American.
- There is a legend told to children that babies come from Cabbage Patches. There is also an old tale that the Man on the Moon was banished to this remote abode after being caught stealing a cabbage from his neighbor on Christmas Eve.
- Russian princes paid tributes not only with racing horses and jewels, but also with garden plots planted with kopusta, or cabbage.
- Babe Ruth used to wear a cabbage leaf under his hat during games. He would switch out for a fresh leaf halfway through each game.
- Although they look very different, cabbage, kale, broccoli, kohlrabi, cauliflower, and Brussels sprouts are all the same species of plant. The differences between these plants are the results of thousands of years of human cultivation and selective propagation.
- Cabbages are from the family *Cruciferae*, a large family which contains many vegetables. It is also called the mustard family. The family name comes from the Latin word for "cross" and was given to members of this family because the flowers are cross-shaped. Cole crops are herbaceous, biennial, dicotyledonous plants specifically from the genus and species, *Brassica oleracea*.
- Napa cabbage was introduced into Japan from China in the 1860s and was brought to North America by immigrant laborers in the 1880's and 1890's.
- Uncooked cabbage is high in glutamine, an amino acid that is essential for intestinal health. Cabbages are a good source of Vitamin K, which is essential in the production of blood clotting proteins. Cabbage is high in potassium, which helps to regulate blood pressure, promotes a steady heartbeat, and can lower your risk of stroke. Red cabbage provides the most Vitamin C.
- While the Savoy cabbage is among the highest in beta-carotene, the Napa cabbage is highest in calcium. Cabbage contains quercetin, an antioxidant that is a natural antihistamine that can benefit allergy sufferers.
- Cabbage juice can be used to treat stomach ulcers and help stop any bleeding and can be used to relieve constipation as cabbage leaves are considered an ideal roughage.

- A chemical (isothiocyanates) found in cabbages may lower the risk of lung cancer in smokers by as much as 38%.
- There is historical and botanical evidence that cabbage has been cultivated for more than 4,000 years and domesticated for over 2,500 years. Before cole crops were domesticated they were collected from the wild and used primarily as medicinal herbs.
- While several types of Chinese cabbage exist, the variety we most commonly associate with Chinese cabbage is Napa Cabbage, the large-headed cabbage with the firmly packed, pale green leaves that is usually found next to Bok Choy in supermarkets. Napa has a mild, sweet flavor. It has an oblong head with tightly packed pale green to white, crinkled leaves. It is also known as Peking Cabbage and celery cabbage.
- Napa cabbage is eaten raw in salads, and often added to stir-fries and soups in the last stages of cooking. It provides a mild flavor for a variety of salad and vegetable dishes. Look for firm green leaves that are not wilted and store in a plastic bag in the crisper section of the refrigerator.
- Like tofu, Napa Cabbage absorbs the flavors of the foods around it.
- Here's a helpful tip. Lining a bamboo steamer with Napa Cabbage helps prevent food from sticking to the bottom.
- Napa's mild flavor is similar to a cross between cabbage, iceberg lettuce, and celery. It is a versatile cabbage, which can be eaten raw or cooked and is used in stir-fry and soups. It is also enjoyed pickled with salt and chiles to make Kim Chee.

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