

"May then is the month, if not of fulfillment, at least of promise."

~ John Henry Newman ~

Napa Cabbage

Napa Cabbage is a variety of Chinese cabbage that is native to the Beijing region of China. The first written records of people cultivating this cabbage are from the 15th century in the Yangtze River region. Most historians believe it was actually cultivated in the 5th century since they have seen it spread to other regions really close to the 15th century. It did make its way to Japan in the 19th century. This is where it got its "napa" name, as "*nappa*" refers to the leaves of any vegetable in Japanese.

Napa cabbage has become essential to both North and South Korea's cultural cuisine, as it is a main ingredient in kimchi. You can also steam, boil, fry, pickle or braise it, in addition to eating it raw. You can also use its leaves to make spring rolls – recipe attached!

Napa cabbage is similar to bok choy, but tends to have a little "sweeter" taste to it – almost like green head cabbage. We also just chop it up raw and make a salad out of it. Our napa cabbage bolted last week with all the heat we got. You may see some flowers in there – you can eat those too!



This week's CSA share contains:

Lacinato Kale

Napa Cabbage

Lettuce Mix

Spinach

Cilantro

Celery

Mustard mix



Napa Cabbage Spring Rolls

Time to Make: 30 minutes

Servings: 2-3



Ingredients

- | | |
|---------------------------------------|---|
| 1 head napa cabbage | ½ pound pre-cooked chicken or tofu |
| 1½ cups carrots, cut into matchsticks | 1½ cups celery, diced thin like matchsticks |
| 1 bunch mustard greens, stems removed | 1 bunch cilantro |
| 1 cup rice cooked, and cooled | |

Peanut Sauce ingredients

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|-----------------------|--|
| 6 Tbsp. peanut butter | ¼ cup soy sauce |
| 2 Tbsp. rice vinegar | 2 Tbsp. sesame oil |
| 2 Tbsp. honey | 2 tsp. chili garlic sauce, or red pepper |
| 1/3 cup water | 2 tsp. ginger powder |

Directions

1. Fill a large bowl with ice cubes and cold water.
2. Fill a large pot with water and bring to a boil. Take the large leaves off of the napa cabbage and dunk them into the boiling water for just a minute until it starts to wilt. Take it out and place in the cold water. Dry it off.
3. As the leaves dry, make the dipping sauce. Combine water, peanut butter, soy sauce, vinegar, oil, ginger, honey and chili sauce in a bowl. Use a whisk to combine until smooth (or a food processor). Add more water or peanut butter to change the texture to thinner or thicker sauce.
4. Lay the cabbage leaf on a flat surface. Layer the shredded chicken or tofu slices, carrots, mustard greens, and cold rice at the bottom of the leaf. Carefully, and as tightly as you can, roll the leaf from the bottom end to the top. Place on a serving dish.
5. Sprinkle with cilantro and serve with the peanut sauce to dip into!