



Know What You Grow!



Napa Cabbage

Scientific Name: *Brassica rapa subsp. Pekinensis*

Recommended Varieties:

- Little Jade
- One Kilo Slow Bolt
- Michili

Common Pest(s):

Aphids, loopers, snails, slugs, cabbage maggots.

[UC Integrated Pest Management](#)

Master Gardens Handbook

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Growing Information

Cool Season Plant

Napa Cabbage is extremely sensitive to climate. The crop matures in 80 to 90 days. Flower stocks develop under long-day summer conditions, so this usually rules out spring planting.

Ideal Planting Window

Inland Valley –August

Desert – August -November

Growing Guidance

Do not plant cole crops on the same site year after year. Delay planting until mid or late summer so that the plant matures in the fall.

Master Gardens Handbook

Mgsantaclara.ucanr.edu



Interesting Facts

Napa cabbage has a densely packed, large and elongated head, with an oval to oblong shape. Napa cabbage has a crisp and subtly sweet, mild flavor.

Napa cabbage is best suited for both raw and cooked applications such as braising, stewing, grilling, stir-frying, and boiling.

Traditionally used in Asian cuisine, Napa cabbage can be shredded into slaws or green salads, or it can be stuffed into dumplings, fresh spring rolls, and steamed buns. The leaves can also be simmered in hot pot or other soups, cooked into curries, or lightly stir-fried with other vegetables and mixed into noodle and rice dishes.

In addition to cooked preparations, Napa cabbage is popularly fermented and used to make [kimchi](#). Outside of Asian cuisine, Napa cabbage is also being used in sandwiches, as a lettuce wrap, in salads, or as a creamed side dish.

Napa cabbage is native to China and was first documented in the Yangtze River Delta during the 14th century. As cabbage cultivation increased, the variety was introduced to neighboring countries such as Korea and Japan in the 1850s and later to the Americas in the late 1880s via Chinese immigrants.

[Specialtyproduce](#)

Contact Information



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Nutritional Information

Nutritional Value

1 cup (89 grams) of raw green cabbage contains:

Calories: 22, Protein: 1 gram, Fiber 2 grams, Vitamin K: 85% of the RDI, Vitamin C: 54% of the RDI, Folate: 10% of the RDI, Manganese: 7% of the RDI, Vitamin B6: 6% of the RDI, Calcium: 4% of the RDI, Potassium: 4% of the RDI, Magnesium: 3% of the recommended dietary intake)

[Healthline.com](#)

Veggie Rainbow Wraps



Ingredients:

- 1 whole wheat wrap (lavash wrap)
- 3 Tbsp vegan cream cheese
- 2 cups chopped veggies, rainbow colors
- 1 Tbsp lemon juice
- 1/2 tsp salt (optional)
- dash or pepper (optional)

Prepare:

- 1) Slice your large wrap into two smaller rectangle pieces.
- 2) Spread 1 1/2 Tbsp of vegan cream cheese on each wrap.
- 3) Sprinkle a bit of salt and/or pepper on the cheese (optional). Set aside.
- 4) Chop all your veggies into small flat cubes, about the size of a large raisin. Place in a large bowl or arrange by color on a plate.
- 5) Spritz veggies with lemon juice to preserve colors and prevent oxidation.
- 6) Set up the workspace and instruct the kids on what to do-build a rainbow out of the veggies.

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