



Cabbage, Napa

Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA

Receiving Information:

- Selection: Choose cabbage that is compact and heavy for its size. Avoid heads with wilted or yellowing leaves.

Storage/Handling:

- Yellowing: loss of leaves: Indication of ethylene exposure - keep cabbage away from ethylene-producing produce and ripening rooms. Maintain a proper storage temperature.

- Bruising; loose leaves: Cabbage may become bruised or lose leaves if it is handled roughly - keep handling to a minimum. Do not drop shipping containers on the floor.
- Wilting: Low humidity may cause rapid wilting in cabbage. Avoid over trimming which may also promote moisture loss and wilting.
- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Top Ice: No
- Odor Sensitive: Yes

- Variety AKA/Synonyms: Celery, Chinese, Wong Bok, Celery
- Usage: Good for eating fresh and cooked.
- Color: Pale green
- Shape: Soft flesh and tender leaves.
- Skin Texture: Soft flesh and tender leaves.
- Phytochemical: Sulphoraphane and Indoles
- Taste: Sweet.
- Size: Medium - Large

Nutrition Facts

Serving Size: 1 cup, shredded

Amount Per Serving

Calories 12	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 7 mg	0%
Total Carbohydrates 2 g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	2%
Potassium 181mg	4%
Vitamin A 2%	Vitamin C 27%
Calcium 6%	Iron 1%

*Percent Daily Values are based on a 2,000-calorie diet.