Asian / Oriental Cabbages

Chinese cabbage (Napa): Tall, pale green crinkly leaves with broad white ribs; this mild-flavored cabbage is the main ingredient in much Asian cooking: stir-fry, soup, kimchi (Korean spicy pickled cabbage), & egg rolls of course! It’s also good raw, shredded or thinly sliced in slaw or salad.

Bok Choy: Also essential for Asian cooking. Most bok choy has medium- to deep-green smooth leaves & white ribs; purple bok choy has deep violet-colored leaves with a green background. Bok choy’s vibrant flavor is stronger than napa, but mellows with cooking. You can also use it like cooking greens such as spinach or chard.

Tatsoi: Dark green, spoon-shaped crinkly leaves on white ribs; a perfect head of tatsoi reminds you of a “rosette” or Chinese chrysanthemum! Its lively taste has a hint of mustard in it; it’s well suited for stir-fry, steaming or soup, & the tender leaves can be added to salads.

(pictured above, l. to r.: purple bok choy & tatsoi thriving under row covers in late November; close-up of that tatsoi; one variety of green bok choy (top), & a tub of just-picked purple bok choy & deep green tatsoi)