

# Napini, Rapini & Raab

Produced by:



THE LAND  
CONNECTION



## Fun Facts:

- Raab/Rabe: the springtime flower buds and leaves of over-wintered brassicas; related to turnips.
- Rapini: commonly referred to as broccoli raab/rabe, is also related to turnips and is not the raab of broccoli.
- Napini: the springtime flower buds and leaves of over-wintered kale, also known as kale raab.

## Nutrition Information:

- Napini and rapini are excellent sources of vitamins A, C, and K, as well as potassium, calcium, and iron. They're also good sources of complex-B vitamins, manganese, and phosphorous.

## Preparation:

- Wash under cold running water. Once rinsed, shake it over the sink and then let it dry in a colander or spread it out on a towel and let it air-dry for a bit. It does not have to be completely dry, but it should not be soaking wet.
- Trim off the bottom of the stems about 1/4 to 1/2 an inch and remove any damaged browning stems, leaves, buds, or flowers.

**Roast:** toss the raab with olive oil, salt, and pepper and spread it out on a rimmed baking sheet. Roast at 425°F for about 10 minutes or until the raab is tender and the leaves have crisped up.

**Grill:** toss the raab with olive oil, salt, and pepper and grill the raab over a medium to hot portion of your grill for about 3-5 minutes. Turn regularly.

**Sauté:** warm a little olive oil or butter in a skillet or sauté pan over medium-high heat. Drop in the raab and toss or stir it every minute or so until it is tender and browned. You can sauté raab as full stems, or chop it up into inch-long sections for use in stir-fry, omelets, frittatas, pasta, etc.

**Soups:** you can also add raab to soups that call for kale, broccoli, or other greens. Add to the soup while boiling in order to cook the stems.

**Pickle:** for long-term storage you can quick-pickle raab in a boiling vinegar brine and pack it in olive oil. Store it in the refrigerator for up to a few weeks. In this form, it is delicious as an appetizer, on a meat and cheese board, or on sandwiches.

## Storage:

- Store raab in a plastic bag or wrap in a damp paper towel and keep it in the refrigerator. If you're not going to use your raab in the first few days, you'll have to re-dampen the paper towels. Raab can last up to 1-2 weeks in the refrigerator.
- Raab with flowers that are starting to blossom won't last as long as raab with tightly closed buds.