

Norabouna (Brassica napus)

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NUTRITION VALUE

It belongs to Brassica, though, hard to crossbreed to mix as a parent seed line.

Including about 90mg/100g vitamin C, 1580IU vitamin A, and rich in calcium and dietary fiber within leaves and canes, 1000mg/100g glucose and fructose are included especially in its canes. Its sweetness, texture and umami have been still remained after boiling it.



HISTORY

It is said that Norabou-na was imported by a Dutch trading ship in Azuchi-Momoyama Period. In the early Edo period Norabou-na had already been cultivated in Nishi-Tama area or Hanno City area in Saitama Prefecture. It has hardy, luxuriant development. The spread of Norabou-na saved people from the Great Famine of Tenmei(1782~1788) and Tennpo(1833~1839) in Edo region. As it tends to wilt after being harvested, it only circulates near the place of production.

Recipe Idea (Stover and Coarsely Ground Wiener)

Cut some Norabou-nas and wieners into easy-to-eat size. Heat a pan and cover it with sesame oil, frying some gambela innovans and garlicks, take them out when they smell. Fry the canes of Norabo-na first, a little after warming them up, put leaves and wieners plus salt and pepper to arrange its taste. Give back the gambela innovans and garlicks again. You need to boil the lower parts of a Norabou-nas ahead because they are so hard.

