



ASIAN GREEN FACTSHEET

Asian greens are a large category of fresh eating and cooking greens that can be used in similar ways to spinach, swiss chard, collards, kale and mustards. They are fast growing and heat tolerant, making them an excellent choice for our southern climate. They have great taste, lots of versatility and are loaded with vitamins and minerals!



KOMATSUNA

- Also known as “Mustard Spinach” Komatsuna has tender, dark green leaves, and a mild flavor that resembles spinach.
- Can be used fresh or cooked - incorporate in stir-frys, soups, sautes or salads



SENPOSAI

- Senposai is a hybrid of cabbage and Komatsuna, resulting in a slightly thicker but tender green leaf with a sweet flavor.
- Can be used fresh when smaller but better suited for cooking in stir frys, soups and other dishes when larger.



TOKYO BEKANA

- Tokyo Bekana is a tender, light green leaf that resembles lettuce when cut at a small size. Once larger, the plant grows more similar to a choy with white stems.
- When cut as a loose leaf, enjoy Tokyo Bekana just as you would lettuce! Utilize the larger plants as you would choy and incorporate into stir-frys and soups.



TATSOI

- Tatsoi (aka southern spinach!) is a dark green, spinach like asian green with a spoon shaped leaf and mild flavor.
- While it goes well in salads, cook tatsoi in any dish you would use spinach or chard.
- Use loose leaf pak choy in the same way.



BABY BOK CHOY

- Baby bok choy has tender leaves and a crunchy, flavorful stem.
- Baby choy can be cooked into stir-frys and sautes in many ways, just keep in mind that the stem takes a little longer to cook than the greens. You can also cut into smaller pieces to utilize in salads.