PLANT FACT SHEET

Brassica rapa subsp. nipposinica var. perviridis L., (L. H. Bailey) Hanelt, L. H. Bailey

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Komatsuna, Japanese mustard, Spinach mustard, Tendergreen

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Sprouts, Roots, Vegetable

Young leaves can be eaten in salad.
They can be added to soups and stir fries, or simply cooked as a vegetable.
They are also used in a rice-cake soup.
Young seedlings are used as a vegetable.
Some forms have a thickened root that can be pickled and eaten.

DESCRIPTION

A cabbage family herb. It is a hardy upright plant. It grows to 1m tall. The leaves are oval or oblong. They are 25 cm long by 15 cm wide. They are dark green. Flowers are yellow and normally with 4 petals.

HABITAT

It is a cool climate plant. It needs a sunny position. It is grown in the cooler season in some tropical places. They are very cold tolerant.

PRODUCTION

Cultivation

Plants are grown from seed. Seed germinate in about 7 days at 12°C. Plants are spaced about 30 cm apart.

Harvesting and Seed Production

Young plants are ready to harvest about 6 weeks after sowing when they are about 20 cm high.

NOTES

There are about 30 Brassica species and many cultivated varieties.

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