PLANT FACT SHEET

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

GENUS *Brassica* **FAMILY** Brassicaceae

COMMON NAMES Mibuna, Mizuma

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Vegetable

The leaves are eaten. They have a fresh mustard flavour.
They can be used in salads, soups, steamed dishes and stir-fries.
The flowering stems can also be eaten.

DESCRIPTION

A cabbage family herb. It is an annual or biennial plant. It grows as a dense clump up to 50 cm high. The leaves are bright green and indented. They have long white stems. The flowers have four petals and are yellow. The fruit are "mustard" seed pods. Mibuna has smooth edges.

HABITAT

It is a temperate plant. They are frost tolerant. They will grow in most soils. They do best in nutrient-rich, well-drained soils. They need plenty of sun.

PRODUCTION

Cultivation

They grow easily from seed. Plants are thinned out to 25 cm spacing.

Harvesting and Seed Production

They can provide fresh seed year round. The outside leaves are harvested as soon as they are big enough. Whole plants can be cut after about 6 weeks.

NOTES

There are about 30 Brassica species and many cultivated varieties.

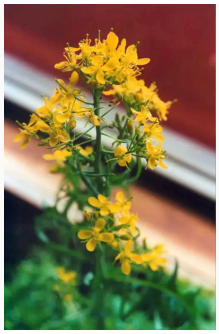
PICTURES



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