



Tatsoi

Brassica narinosa

Nutrition Facts

- Tatsoi is a good source of beta-carotene.
- One serving of tatsoi contains 67% of the recommended daily value of Vitamin A.
- Tatsoi also contains a healthy dose of calcium.

Planting

Plant 3/15-5/1 or 8/1-8/30
(Guidelines for planting in raised beds)

Sow seeds in rows 8-12" apart.

Care

Seeds: Water regularly with a gentle spray. Keep the soil moist so that the seeds will germinate.

Young seedlings: Water when top 1" of soil dries out. Thin plants to stand 3-5" apart. Mulch plants with cotton burr compost to keep soil moist.

Harvest & Storage

Once plants reach 4" tall, harvest the tatsoi by cutting the leaves off at the stem, leaving 1-2" of the plant so that it may grow new leaves for more harvesting. These smaller leaves are good for salads. Larger leaves can be harvested in the same way and are good for sautéing. Store tatsoi in the refrigerator for up to one week. Do not wash until right before use.

Recipe

Wash all vegetables before using

Peanut Tatsoi Scooper

6 tatsoi leaves
1/2 cup chopped peanuts
1/2 cup shredded carrots
1/2 cup shredded cucumbers
6 radishes, chopped
1 clove garlic, chopped
1/4 cup shredded cilantro
1 fresh squeezed orange
1/2 teaspoon olive oil

In a large bowl, mix together peanuts, carrots, cucumbers, radishes and garlic. In a separate bowl stir together the orange juice and olive oil. Pour dressing over mixture and toss. Evenly distribute into the 6 tatsoi leaves. Sprinkle with cilantro and enjoy.



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