

Free Workshops

Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

See the schedule and register at:
kccg.org/workshops

Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

Find them at
kccg.org/gardening-guidesheets

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

Find them at
kccg.org/how-to-videos

Together We Grow

KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.



@KansasCityCommunityGardens



@kccommunitygardens



www.kccg.org



816.931.3877



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**6917 Kensington Ave
Kansas City, MO 64132**

Volunteer

Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit
www.kccg.org/volunteer

Growing Tatsoi



KCCCG
KANSAS CITY COMMUNITY GARDENS

KCCG's Varieties

Tatsoi - 45 days - This small-leaved Asian green has a long harvest period and mild taste for salads, stir-fries, etc...

Nutritional 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 and 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.