

Oriental Greens

GO2-100 - Amaranth (Red Garnet)

25 days. *Amaranthus caudatus*. Open Pollinated. Produces high yields of bright red amaranth leaves. This beautiful plant is a favorite vegetable in China & Vietnamese. Amaranth loves the heat! A fast growing variety with tender leaves and stalks. Harvest before flowers appear. Highly nutritional greens. Amaranth greens are high in protein. Great for stir fry and other Oriental dishes. Amaranth can be ground into flour and mixed with other grains. It can also be boiled and used in sauces, soups and stews. Also known as Chinese Spinach, Kiwicha, and Yin Choi. Excellent choice for home gardens. A variety from Mexico.



MU11-100 - Crimson Tide Mustard

48 days. *Brassica juncea*. Open Pollinated. The plant produces good yields of flavorful dark red mustard leaves. Excellent greens used in salads or cooked. Also used as a garnish. It retains intense leaf color even in the summer months. An excellent choice for home gardens.



MU10-100 - Old Fashioned Mustard

42 days. *Brassica juncea*. Open Pollinated. Plant produces good yields of flavorful bright green mustard leaves. Used in mixed green salads or cooked, either steamed or sauteed. High in Vitamin A, B, and C. Also known as Old Fashion Mustard, Hen Pecked Mustard, and Ragged Edged Mustard. A heirloom variety. Excellent choice for home gardens. United States Department of Agriculture, NSL 6136.



GO1-100 - Shungiku

40 days. *Chrysanthemum coronarium*. Open Pollinated. Produces good yields of bright green Shungiku leaves. Great with vegetables, pickles, sushi, stir-fry, and other Oriental dishes. The brilliant yellow flowers are also tasty and used in salads! An Oriental heirloom variety. Excellent choice for home gardens.



MU9-100 - Tatsoi Improved Mustard

55 days. *Brassica juncea*. Open Pollinated. Plant produces good yields of flavorful dark green spoon shaped mustard leaves. This oriental vegetable forms dense leaves that can be also be harvested as a whole plant and bunched. Used in mixed salads, soups, cooked, or stir-fries. Also known as Tah Tsai. Cold tolerant. Suitable for hydroponics gardening. Excellent choice for home gardens. United States Department of Agriculture, PI 662690.

