

KITAZAWA SEED CO.[®]

S I N C E 1 9 1 7

北澤商會

*Your Source for
Asian Vegetable Seeds for 106 Years*



**New
Varieties!**
Page 5

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ONLINE
kitazawaseed.com



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**MORE VARIETIES
ONLINE**

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Safe Seed Pledge — We pledge that we do not knowingly buy, sell or trade genetically engineered seeds or plants.



Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers

who want an alternative, The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public

release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthy people and communities.

What's NEW in 2023

2022 was a year filled with big changes for Kitazawa Seed Company, and we wanted to give you a few of the highlights, along with a preview of what is coming in 2023.

HERE ARE SOME OF THE HIGHLIGHTS FROM 2022:

New Caretakers - As you might know Maya Shiroyama and Jim Ryugo, the former owners of Kitazawa Seed Company retired and handed the stewardship of the 106-year-old Kitazawa Brand over to True Leaf Market. You should know that [True Leaf Market](#) is 100% committed to not only keeping the brand strong and healthy, but dramatically expanding it with respect to Non-GMO Asian varieties offered and exposing it to a larger audience.

Asian American Art Initiative (AAAI) – We worked directly with the Cantor Arts Center at Stanford University to produce a [limited edition seed packet of Kanamachi Japanese Turnip](#), featuring the work of artist Chiura Obata. In 1942, Obata and his family were forcibly relocated to concentration camps with more than 120,000 Japanese Americans—including the Kitazawa brothers. The image on this seed packet is drawn from an ink painting Obata created of the first vegetables grown in one of these camps. Although the exact variety of turnip depicted in the painting is unknown, we can infer that it was most likely a variety similar to Kanamachi.

80th Anniversary of Japanese Internment – In 2022, [we marked the anniversary](#). Kitazawa Seed Company is one of the oldest seed brands in the United States, founded by the Kitazawa brothers and dating back to 1917. The company has been continually operating since that time with the exception being this dark mark in American history. By marking the anniversary, may we hope to learn from our mistakes.

Upgraded Website – The [new website](#) offers improved search engine, ability to create account for faster checkout,



ability to customize your own private catalog and more. The old Kitazawa product skus can now be searched on the site as well. With the new website, we have improved our shipping options including free standard shipping for orders over \$45 (Lower 48) and discounted shipping for Hawaii, Alaska, Puerto Rico, Guam and the US Virgin Islands.

New Varieties, Including Our First Organic

Seeds - We have added over 25 new Asian varieties including our three variants of Mirai Corn, Nan Ling Cutting Celery, Suyo Long Cucumber, Thai Scorpion F1 Pepper, and Japanese Millet. We also released our first line of organic Kitazawa varieties including Organic Japanese Buckwheat, Organic Sacred Basil, Organic Tokyo Long White Bunching Onion, and Organic Baby Pak Choi.

True Leaf Market Website – All the Kitazawa Varieties can now also be found at True Leaf Market, with a [dedicated section of Asian varieties](#), so finding your favorites is quick and easy.

WHAT'S COMING IN 2023:

More New Varieties – We expect to make dozens of new Asian varieties available in 2023, including more organics! If you have specific requests, please let us know. Call or email, we will do our best.

More Partnerships – We are reaching out to Asian-American Museums and other organizations to see if we can partner to make the Kitazawa Brand even more visible than ever before. Fingers crossed!

We are so grateful for your business! We hope to be able to serve you for many years to come. If you have questions, comments, or concerns, please reach out to us:

Email: seeds@kitazawaseed.com

Phone: (510) 595-1188

With sincere appreciation,
The Kitazawa / True Leaf Market Team

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= Variety may be used for microgreens or baby leaf

NEW VARIETIES

These varieties and organic options were introduced recently, many by customer request. We strive to add new varieties every year, including more organics. If you have specific requests, please call or email us. We will do our best to add more as demand and



availability permits. Organics of existing varieties are included throughout the catalog with an "organic" and "new" icon. New varieties added for this catalog are categorized here for your convenience.

NEW #60749 MIRAI CORN 421

HYBRID (TREATED)

Zea mays var. rugosa (70-80 days)
421 is the single-colored variety of the trio which makes up the Mirai® collection. It is among the best in taste, flavor, durability, and texture in available corn types. Mirai® will hold its quality for 10-14 days when kept in the husk and refrigerated.

NEW #60745 MIRAI CORN 301

HYBRID (TREATED)

Zea mays var. rugosa (70 to 80 days)
Mirai® bicolor super-sweet hybrid corn has exceptional performance and flavor with ears that grow 7 1/2 inches in length and have an above-average tip fill. A new class of sweet corn. Combining three already outstanding varieties of sweet corn gives a one-of-a-kind "Mirai® Experience".

NEW #60748 MIRAI CORN 301

HYBRID (TREATED)

Zea mays var. rugosa (70-80 days)
Superb sweetness (up to 18%), yields, and tenderness. The corn ears are 8" long with 16 rows, an ear height of 34", and a good tip-fill. It is among the best in taste, flavor, durability, and texture of available types.

NEW #59711 NAN LING CHINESE CUTTING CELERY

Apium graveolens var. secalinum (60-90 days)
Open pollinated, heirloom. You can start cutting stocks after 60 days. Easy to grow. Crisp to the taste. Packed with nutrients, this beautiful green stock grows in warmer, rich soils and is hardy against frost.

NEW #48876 SHUNGIKU – THREE COLOR DAISY

Glebionis carinata (30 to 40 days)
Can be grown as an edible flower, salad greens or especially as a microgreen. As a micro it has thin serrated true leaves. This light green, pretty micro has a slight crunchy texture with a strong carrot, fruit, flowery flavor that also has a mild but pleasant bitterness. Great as an addition to mixed salad greens.

NEW #31078 FLOWERING CABBAGE OSAKA SERIES-

#31078 Mix, #38623 Pink, #38624 Red, #38626 White
Brassica oleracea var. capitata (91-98 days)
A classic and elegant swirl of color perfect for any cool-season garden. Osaka Series seeds mature into tight 11" x 12" tall flowering cabbages bursting with Pink, Red, White, or Mixed. Grow dazzling and vigorous frost-hardy splendor that promises to thrive.

NEW #44898 JAPANESE MILLET

Echinochloa esculenta (45 days)
A warm season grass that is grown primarily for forage, wildlife habitat and of course is a favorite bird food. Can tolerate wet soils once established. Commonly planted in wetlands, near ponds or along streams to attract water fowl.

NEW #42988 JAPANESE HULLESS

Zea mays (86 days)
Grows 4-5' tall and bears 3-6 four-inch-long ears. This is a nutty, flavorful popcorn.

NEW #44015 SUYO LONG CUCUMBER

Cucumis sativus (60 days)
Suyo is originally from China. It is a sweet-flavored, tender, crispy, ribbed fruit that can grow up to 15" long.

NEW #45103 ORGANIC SUYO LONG CUCUMBER

NEW #48857 RED DAIKON

Ostergrass Rosa (30 to 45 days)
A tapered red radish measuring from 5 to 8 inches long. Bright white to pale rose, crisp flesh. Perfect for sprouts and microgreens.

NEW #59738 JAPANESE RED KURI (UCHIKI KURI)

Cucurbita maxima (90 days)
Bright red teardrop shaped squash that averages 5-8 pounds. The flesh is dry and sweet with a delicate nutty flavor.

NEW #45621 ORGANIC JAPANESE RED KURI (UCHIKI KURI)

NEW #42724 JAPANESE BUCKWHEAT

Fagopyrum esculentum (49 days)

Honeybees just love buckwheat, and it makes a highly sought-after honey rarely found on the market anymore. You will notice that blossoms are more active in the morning when the plant produces more nectar.

NEW #42724 ORGANIC JAPANESE BUCKWHEAT

NEW #48942 LIMESTREAKS MIZUNA

MUSTARD Brassica rapa var. japonica (45 days)
A tangy and popular green for many garden salads. Bright lime-green uniform color when harvested young.

NEW #48945 ANISE BASIL

imum basilicum (60 days)
A sweet cultivar that originated from regions in Southeast Asia and Africa. This small-leaf basil develops dark-green leaves with deep-purple stems giving off a clove and sweet licorice scent.

NEW #49925 SHIN KURODA

Daucus carota var. sativus (75 days)
Chantenay-type carrot, the Shin Kuroda variety grows to approximately 5" long and has finely textured green foliage. Packed with nutrients and offering a sweet flavor, Shin Kuroda carrots are delicious when eaten raw or cooked.

NEW #49198 PURPLE TIGER PEPPER

Capsicum annuum (90 days)
Purple Tiger hot pepper seeds are known for both heat and value as an ornamental garden vegetable. Purple Tiger seeds are very unique in appearance and will add a delightful burst of color to any garden while also providing deliciously hot little peppers that can be used in a variety of culinary dishes.

NEW #52817 THAI SCORPION F1 HYBRID HOT PEPPER

Capsicum annuum (90 days)
These dark green peppers mature to red and are 100% smooth. The umbrella shaped plants protect the fruit completely for sunburn. Produces peppers about 6 to 7 inches in length.

NEW #45961 ORGANIC WHITE STEM PAK CHO DAUCUS CAROTA VAR.

sativus (75 days)
Juicy succulent stems and leaves in only 30 days. Also known as Baby Pak Choi and Shanghai Bok Choy.

NEW #46037 SACRED BASIL

Ocimum sanctum (70-90 days)
This old Abundant Life Seed strain has been grown since 1983. Much better adapted to cool weather than other basil, even resisting late spring frosts that blacken others.

CHECK WEBSITE FOR SEED AVAILABILITY

Chef Specialty Gardens A Chef Specialty Garden is \$27.00

The **Chef Specialty Gardens** offer selected combinations of our most popular Asian vegetables and herbs. Each packet has general growing instructions. Cultivate a kitchen garden of interest that will enhance your gardening and dining experience. Share the joy of gardening and send Chef Specialty Gardens as gifts to friends and family.

C001 Asian Herb Garden



The Asian Herb Garden is our collection of essential herbs for Asian cuisine. Each herb has intense flavor and scent. Enjoy creating your own Asian fusion dishes by growing and experimenting with these specialty herbs.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P035 Ao Shiso Green Perilla
- P078 Evergreen Nebuka Japanese Bunching Onion
- P037 Broad Leaved Nira Chinese Leek
- P355 Kintsai Chinese Celery
- P356 Leisure Cilantro Chinese Parsley
- P032 Mitsuba Japanese Parsley
- P521 Sweet Large Leaf Thai Basil

C002 Asian Salad Garden



The Asian Salad Garden has a unique selection of Asian greens that will definitely add interest to your salads. Toss young baby greens into salads and add the mature leaves into stir-fries or cooked dishes.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P245 Beka Santoh Chinese Cabbage
- P410 Yukina Savoy Chinese Cabbage
- P054 Mizuna Pot Herb Mustard
- P051 Red Giant Mustard
- P033 Shungiku Chrysanthemum Green
- P062 Tatsoi Pak Choi
- P102 White Stem Daikon Sprouts

C003 Tropical Garden



The Tropical Garden offers many unusual and delicious vegetables from tropical regions; the beautiful deep red purple yard long bean from China, Hawaiian Manoa lettuce, Poha Berry is delicious dipped in chocolate and the Winged bean found throughout Asia.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P573 Green Vines Supreme Malabar Spinach
- P155 Bitter Gourd
- P077 Molokhia
- P239 Poha Berry
- P263 Red Noodle Yard Long Bean
- P218 Winged Bean
- P494 Early Green Yu Choy Sum

C004 Japanese Heirloom Garden



We are extremely delighted to offer the Japanese Heirloom Garden. It is our special collection of *dento yasai* or "traditional vegetables" of Japan regions. They have been historically used in a vegetarian cooking style of *shojin ryori* that is practiced by Buddhist priests.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P078 Evergreen Nebuka Japanese Bunching Onion
- P224 Hinona Kabu Turnip
- P242 Kamo Eggplant
- P048 Katsura Giant Pickling Melon
- P203 Kyoto Red Carrot
- P235 Mibuna
- P246 Shishigatani Kabocha Japanese Pumpkin

C005 Tsukemono Favorite Pickling Garden



The tradition of pickling is one way vegetables have been preserved in Asia. Many of our customers want to make *obachan's* (grandmother's) *tsukemono* recipes or the *tsukemono* served at restaurants or sold in markets. We have selected the most popular vegetables used for pickling *kimchee*, *takuan*, *nukamiso*, *shoyu zuke*, *ichiyazuki* and other recipes. A dinner is not complete unless something spicy, salty, sweet or sour is served!

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P048 Katsura Giant Pickling Melon
- P027 Kurume Long Japanese Eggplant
- P051 Red Giant Mustard
- P019 Tasty Green Cucumber Hybrid
- P090 Tokinashi All Season Daikon
- P568 Kanamachi Turnip
- P008 Aichi Chinese Cabbage

Chef Specialty Gardens

C006 Macrobiotic Garden



The Macrobiotic Garden offers principal and supplemental vegetables that support a macrobiotic dietary approach. Experience gardening by growing your organic food source.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P499 Azuki Red Bean Wase
- P049 Gai Choi Chinese Mustard
- P151 Kurogoma Black Sesame Seed
- P528 Tohya Soybean
- P568 Kanamachi Turnip
- P070 Takinogawa Gobo Burdock
- P090 Tokinashi All Season Daikon

C007 Shabu Shabu Garden



The Shabu Shabu Garden is our selection of basic vegetables for *nabemono* (one pot or hot pot) cooking whether it is *shabu shabu*, *sukiyaki* or *torinabe*. Grow your own vegetables for the freshest vegetable ingredients.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P040 Dwarf Grey Sugar Snow Pea
- P071 Ishikura Improved Japanese Bunching Onion
- P060 Maruba Santoh Chinese Cabbage
- P203 Kyoto Red Carrot
- P038 Alrite Spinach Hybrid
- P090 Tokinashi Daikon
- P033 Shungiku Chrysanthemum Green

C008 Stir-fry Garden



Our most popular vegetable varieties used for stir-frying are found in one specialty garden. Stir-fry a vegetable or try combinations of these vegetables to find the perfect balance of flavor.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P040 Dwarf Grey Sugar Snow Pea
- P049 Gai Choi Chinese Mustard
- P294 Wan Shen Chinese Broccoli
- P071 Ishikura Improved Japanese Green Onion
- P056 Chinese Pak Choi
- P055 Komatsuna
- P059 Shanghai Green Pak Choi

C009 Thai Garden



Your Thai Garden will be filled with authentic vegetables of Thailand. All of these seeds are carefully selected from Thailand. All you need are your spices, fish sauce, coconut milk and curry paste.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P428 Thai Bird Pepper
- P019 Tasty Green Cucumber
- P043 Blue Kuri Kabocha Squash
- P228 Siam Queen Thai Basil
- P521 Sweet Large Leaf Thai Basil
- P356 Cilantro
- P470 Petch Siam Thai Eggplant

C010 Baby Leaf Garden



The baby leaf greens in this colorful mix are very tender and sweet when they are harvested only 2"-6" tall. Baby leaf vegetables are excellent additions to salad mixes, braising mixes, soups, sushi and sashimi.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P245 Beka Santoh Chinese Cabbage
- P338 Garnet Giant Mustard
- P055 Komatsuna
- P354 Wasabina Mustard
- P335 Ruby Streak Mustard
- P485 Astro Arugula
- P062 Tatsoi Pak Choi

C011 Juicing Garden



The varieties in the Juicing Garden are chosen for their delicious flavors and varied nutrients. Vegetables that have been harvested from your own garden and then quickly processed in your juicer or blender make a drink that is fresh, alive, and makes the nutrients more immediately available to your body.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P055 Komatsuna
- P308 Atomic Red Carrot
- P359 Ruby Red Swiss Chard
- P019 Tasty Green Cucumber Hybrid
- P062 Tatsoi Pak Choi
- P213 Vitaminna Chinese Cabbage
- P181 Watercress

Chef Specialty Gardens

C012 Microgreen Garden



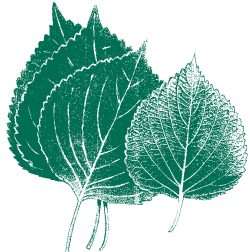
Microgreens are grown in a raised bed or shallow container with a well-drained soil mixture. Delicate microgreens are used as accents on appetizers, sandwiches, salads, main courses, and even desserts. This mix has been created with a variety of leaf shapes, flavors, and colors.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P362 Sango All Purple Radish
- P355 Chinese Celery Dark Green
- P054 Mizuna Mustard
- P051 Red Giant Mustard
- P283 Red Arrow Radish
- P350 Tatsoi Savoy Pak Choi
- P349 Tokyo Bekana Chinese Cabbage

C013 Korean Cuisine Garden



The Korean Cuisine Garden features traditional Korean red peppers for making red chili paste (gochujang) and a Korean cabbage used for making kimchi. Korean perilla and sesame are commonly used in Korean cooking. Jeok Gat is a spicy mustard and Alpine Gold is a crisp Korean radish for pickling.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P260 Korean Perilla
- P600 Vita Green Hybrid Pepper
- P601 Gochujang King Hybrid Pepper
- P511 Chun Yeon Gold Hybrid Chinese Cabbage
- P084 Kingoma (tan sesame)
- P444 Jeok Gat Mustard
- P493 Alpine Gold Hybrid

C014 Edible Flower Garden



The Edible Flower Garden highlights some of our most versatile varieties with both the leaves and the flowers popular amongst gardeners, farmers, and chefs with the side benefit of encouraging a diverse population of pollinators. Try the fresh flowers in salads or desserts and the dried flowers for different herbal tea preparations.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P539 Asian Sour Leaf Roselle
- P591 Dwarf Jewel Mix Nasturtium
- P398 Edible Flower Mix
- P590 Empress of India Nasturtium
- P380 Honey Bee Mix
- P413 Oasis Chrysanthemum
- P604 Korean Mint

C015 Zesty Salad Garden



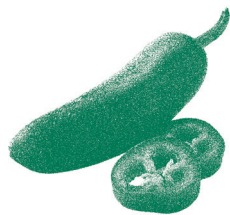
The Zesty Salad Garden is a mix of sweet lettuces and tender greens. Radishes offer both a hint of spice and crunch to the mix. Salad greens grown in your own garden will be full of flavor on their own, needing only the lightest of dressings. Succession planting will ensure a continuous supply of salad for your dinner table.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- 062 Tatsoi
- 106 Champion Radish
- 359 Ruby Red Chard
- 644 Red Tango Lettuce
- 643 Little Gem Lettuce
- 642 Red Oakleaf Lettuce
- 639 Buttercrunch Lettuce

C016 Mexican Cuisine Garden



The Mexican Cuisine Garden celebrates the wide diversity of Mexican cuisine. Some vegetables like the iconic Mexican chiles will be very familiar, and no taco plate is complete without a couple of crunchy radishes. The Mexican pumpkin known as Calabaza de Castilla might be the biggest surprise of the garden weighing in at 15-20 pounds. This will surely become a new favorite in the fall alongside drying red chiles and coriander seed.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- 636 Grey Zucchini Squash
- 630 Chilaca Pasilla Pepper
- 633 Jalepeño M Pepper
- 106 Champion Radish
- 617 Calabaza de Castilla Squash
- 356 Cilantro Leisure
- 071 Ishikura Improved Bunching Onion

Chef Specialty Gardens

C017 Chinese Cuisine Garden



The home garden is a wonderful source for the wide-ranging diversity of Chinese cuisine. Chinese vegetables are delicious as standalone dishes that can be as simple as adding a little garlic and salt, or combined with your favorite protein in a stir-fry or hot pot where the quick cooking preserves the fresh taste and tender crunch of the vegetables. Enjoy these versatile vegetables in both traditional classics and new creations.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P144 Chinese Broccoli Kailaan
- P496 Flowering Brassica Jung Green
- P059 Green Stem Pak Choi Shanghai
- P056 White Stem Pak Choi Chinese
- P049 Chinese Mustard Gai Choi
- P267 Snow Pea Oregon Giant
- P356 Chinese Parsley Leisure

C018 Indian Cuisine Garden



With a good selection of vegetables including popular gourds and greens the India Cuisine Garden offers many choices for cooking your favorite dishes. Indian Cuisine is especially known for encompassing an innumerable array of regional variation, each with their own unique spice combination to create complex and layered flavors. Vegetables like gourds and molokhia, which thrive in hot, dry climates are popular staples throughout India, well suited to the vast range of Indian Cuisine from restaurant standards to secret family recipes.

**Variety substitutes will be made if the specific variety is sold out.*

This Garden includes one packet each of the following:

- P623 Bitter Gourd Dark Green Hybrid
- P473 Snake Gourd Buag Ngu
- P199 Bottle Gourd Calabash Long
- P077 Egyptian Spinach Molokhia
- P451 Okra Clemson Spineless
- P038 Spinach Alrite Hybrid
- P109 Turnip Purple Top

AMARANTH

(hiyuna, java horensa, xian cai, kulitis, phak khom, rau den do, chaulai)



Sometimes called Chinese spinach, or *yin choy*, this leafy vegetable is a colorful addition to the garden, ranging from light to dark green, red color, and variegated green/

red. Delicious, lightly stir-fried or steamed. Amaranth leaves and stems are extremely nutritious delivering protein, iron and calcium, as well as vitamins A and C. Chinese cuisine typically prefers the red-leaf varieties and includes them in soups, sometimes serving the cooked leaves separately. In India, Taiwan and Japan, the lighter varieties are more popular. In Western cuisine, Amaranth can be substituted in any recipe for spinach. Young leaves are tasty in salads and an excellent choice for microgreens and garnish. Sow seeds in late spring to early summer. Amaranth will tolerate hot, dry and moist conditions but will not thrive in cold temperatures.

#248 ALL RED LEAF

Amaranthus tricolor (50 days)

Broad, tender leaves cover the 16" tall semi-upright plant. The purple-red leaf color of this variety appears within the first 2-3 weeks of growth.

#384 RED BEAUTY

Amaranthus tricolor (30 to 40 days)

The purple-red oval leaves of this beautiful variety have a bright green margin. The plant produces a high yield of tender leaves even in warmer weather.

#497 RED GARNET

Amaranthus tricolor (50 days)

Dark burgundy stems and fuchsia-red tinged green leaves make this variety an excellent choice for microgreens and baby leaf.

#221 RED LEAF

Amaranthus tricolor (50 days)

This variety has green leaves with red stripes in the center leaf.

#204 WHITE LEAF

Amaranthus mangostanus (30 to 40 days)

This variety has round, tender, light green leaves.

ARUGULA

(rocket, rugola)



An increasingly popular green, arugula's peppery flavor adds zest and tang to everything from pizza to sandwiches to salads with mache, green-

or red-leaf lettuces and other baby greens. A favorite lunch is a spinach wrap packed with arugula and other garden tidbits, with sesame dressing drizzled over them. In Asian cuisine, arugula often provides a bed for chicken, pork or fish, or it can be creamed and made into a delicious side dish. Arugula loves cool weather, growing sweeter and becoming slower to bolt. Sow seeds inspring or fall.

#361 ARUGULA

Eruca sativa (30-50 days)

This spicy green is also known as Rocket or Roquette. It has dark green leaves that add a delicious peppery flavor to salads and are tastiest when harvested as 2-6" long baby greens.

#485 ASTRO

Eruca sativa (30-50 days)

Slightly lobed, medium green leaves have a slight bitter and peppery flavor that adds a wonderful accent to a salad or sandwich. Flavor intensifies in warm weather. Decorative white flowers are edible. Excellent for microgreens and baby leaf.

#646 WILD ARUGULA RED STREAKED *Eruca vesicaria sativa*

(21 to 40 days)

Wild Arugula with red streaks! It has the leaf structure of wild arugula with deep lobbed leaves but with red veins. New choice for your microgreen and baby leaf selection.



ASIAN SPECIALTIES

Fresh herbs are prized throughout Asia to add bold flavor complexity and a burst of mouthwatering freshness. Not just a garnish, they are considered as essential ingredients to a wide range of traditional dishes. From adding fresh herbs to soups and stews to using larger leaves to wrap

CHECK WEBSITE FOR SEED AVAILABILITY

rice, meat, or vegetables to being paired with sashimi, herbs are important for the completion of a dish. Rich in nutrients and essential vitamins, herbs are revered for their medicinal properties as well as their culinary uses.

#133 AKATADE

Persicaria hydropiper (10 days)

This Japanese herb can be harvested as a seedling or allowed to mature for its flower spikes. Sow seeds in a damp location. It has a slightly bitter taste and is served with *sashimi*. Mostly grown for its red, peppery seedlings, it also may be used in salads.

#616 FENUGREEK

Trigonella foenum-graecum

(30 to 35 days)

Fenugreek is native to southern Europe and Asia cultivated for herbal, spice, vegetable and medicinal purposes. Also grown as microgreens. Leaves are clover-like shaped with three lobes and flowers are light yellow.

#597 GOM CHWI

Ligularia fischeri (55 days)

Gom Chwi is a highly prized seasonal vegetable of Korea. The leaves are green, heart shaped with serrated margins. Leaf size can range from 12-30" and can be harvested at any size. In mild climate Gom Chwi can grow year round with multiple harvestings, up to 8 per year. Its first harvest approximately 55 days after transplant. Late summer vertical spikes of yellow aster-like flowers bloom.

#604 KOREAN MINT

Agastache rugosa (65 to 75 days)

Korean mint is an aromatic herb in the mint family native to East Asia. It has a licorice scent. The plant can grow up to 3 feet and produces violet to blue flowering clusters attracting butterflies and bees. The leaves are crinkled, and serrated margins.

#374 NGO GAI - CULANTRO

Eryngium foetidum (80 to 90 days)

Also known as Mexican coriander, thorny coriander, spiny coriander, fitweed, saw-leaf or saw-tooth herb, recaon and Tabasco parsley, this herb has a similar flavor to cilantro although much stronger. Each leaf grows from the plant base, rather than a stem, and the leaves are harvested by cutting the entire rosette at the base before the plant begins to flower. In mild climates,

the plant can be considered a short-lived perennial, but more often it is grown as an annual.

#539 ROSELLE

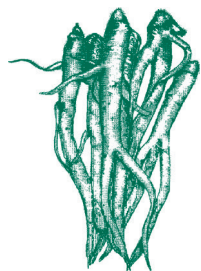
Hibiscus sabdariffa (70 to 90 days)

Roselle or Sour Leaf is grown in tropical and subtropical regions. Burmese say "chin baung ywat" which is translated into "sour leaf." It can be grown as a summer crop in temperate regions. The flavor of the flowers buds/leaves are sour tasting and work well with pickling, curries, or prepared with strong and spicy flavors.

#647 WILD SPIDER FLOWER

Cleome gynandra (35 to 40 days)

This species is native to Africa but has naturalized across tropic and sub-tropical regions across Asia. The wild spider flower plant has a bush type growing habit growing up to 3' tall. It has 3-6 oblong shaped leaves per stem. Leaves and flower are edible green vegetable and prepared cooked by boiling or added to soups and stews. The leaves have a bitter and peppery flavor like mustard greens.



BALLOON FLOWER

Platycodon grandiflorus
(toraji, kikyō)

The Ballon Flower is also known as Chinese Bell Flower or Japanese Bell Flower. In Korea, the root

is called *doraji*. This perennial is a member of the *Campanulaceae* family and is known for its large balloon-shaped blossoms which are typically blue, pink or white. It prefers well-drained, sandy loam soil with organic matter. The culinary and medicinal value of this plant is in the tuberous root, which has long been used as an anti-inflammatory to treat colds throughout Asia. The root is harvested in the second or third year and is considered to offer many of the benefits of ginseng at a lower cost. *Doraji* is found in a number of Korean dishes and salads, often in recipes that compensate for the root's bitterness with additional hot pepper. Sow seeds in spring.

#394 **TORAJI** (90 days to flower-harvest root in 3 years)

The blossoms open from a balloon shape to a large blue-violet or white 5-pointed star. In the West, it is known as an ornamental, but this East Asian native has long been grown in China, Korea, Japan and East Siberia for medicinal purposes. The root — dried as well

as fresh — is also used in many Asian dishes and salads.

BASIL



(*meboki, komiryo, bajiriko, hsiang tsai, bai gaprow, bai manglak, bai horapa, rau que, tulsii*)

Basil is a staple herb of Thai, Vietnamese, Indian, and Italian cuisine.

The varieties below allow you to select the perfect flavor for your cooking and color for your garden, whether it be the musky-flavored Holy Basil, sacred in the Hindu religious tradition and is regarded as one of the most important plants used in Ayurvedic medicine, the licorice-scented variety used in many Thai dishes, Lemon Basil, whose seeds are a key ingredient in some Asian sweets, or the bright and sweet flavor of Genovese basil popular in Italian cuisine. Sow seeds in late spring to early summer in full sun.

Specialty Basil

#609 GENOVESE

Ocimum basilicum (70 to 80 days)

Genovese basil is one of the most popular basils for culinary uses. The leaves are about 3" large, dark green color and tender. Plant are about 2' tall. Excellent choice as microgreens.

#610 LARGE LEAF ITALIAN

Ocimum basilicum (70 to 80 days)

Italian Large Leaf basil is one of the most popular basils for culinary uses. The leaves are large, dark green color, pointed, and sturdy. Plant are about 2' tall. Excellent choice as microgreens.

#607 PURPLE DARK OPAL

Ocimum basilicum (70 to 80 days)

Excellent choice for microgreens. The mature leaves are deep red-purple color with sometimes mottled green color. Strong basil flavor.

#608 RED RUBIN

Ocimum basilicum (70 to 80 days)

Excellent choice for microgreens. The mature leaves are deep red-purple color and pink flowers. Strong basil flavor.

Thai Basil

#227 GREEN LEAF HOLY BASIL

Ocimum sanctum (70 to 90 days)

The plants have a bush growing habit and leaves have with a spicy, clove-like, musky flavor and aroma. This is a green leaf variety. Holy basil is an herb native to India, where it is known as *tulsi*.

#164 LEMON

Ocimum citriodorum (80 days)

This basil has a delicate citrus fragrance and flavor that makes this variety a favorite for the cuisines of Southeast Asia. It is a compact bush with medium-sized pointed green leaves.

#498 RED LEAF HOLY BASIL

Ocimum sanctum (70-90 days)

This Holy basil variety has pointed purple-tinged leaves. The plants have a bush growing habit and leaves have with a spicy, clove-like, musky flavor and aroma. This herb is used in the popular *Gai Pad Gra Pow* dish and used in stir-frying and soup. Grows well in containers and has an ornamental appeal.

#228 SIAM QUEEN

Ocimum basilicum (70 to 80 days)

This open pollinated Siam Queen variety has set the standard for Thai basils. It has an intense licorice/basil aroma and flavor. The attractive and vigorous bushy plants have 2" medium green leaves and compact clusters of deep red-purple flowers. Good bolt resistance. This is an excellent choice for commercial and home garden growing.

#521 SWEET LARGE LEAF

Ocimum basilicum (70 to 80 days)

Sweet Large Leaf Thai Basil has large tender leaves that tastes somewhat like anise, with a strong, pungent, sweet aroma. The plants are about 2' tall and are grown as a perennial in warm, tropical climates. Use in authentic Vietnamese, Cambodian or Thai dishes, such as *pho*, the famous noodle soup of Vietnam.

#332 THAI

Ocimum basilicum (65 to 90 days)

Beautiful in the garden or garnishing a plate, this basil also delivers the distinct Thai anise/clove flavor. The leaves are bright green, with purple stems and blossoms. It is also known

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as Oriental or Asian basil.



BEAN

(*mame*)

Because the bean plays such an essential role in cuisines all across Asia, and because it is so versatile in its various shapes, sizes and colors, we offer over 40 varieties. From the red adzuki bean popular in Japanese rice and confectionery paste, to the green mung bean, which in a few days produces sprouts that complement almost any stir-fry or salad; the following varieties are delightfully diverse. The pole and yard long beans are perfect for stir-frying or just serving them steamed with a little butter and garlic. Don't overlook the soybeans. It's not too much of a stretch to serve these as an at-home appetizer, just as you'd find them at your favorite sushi bar. It is best to cook all beans before eating. Sow seeds in late spring to early summer.

Adzuki Bean

Vigna angularis

(*azuki, hong xiao dou*)

#501 DAINAGON (90 days)

This adzuki bean is widely grown in the Kyoto prefecture, Japan. It is a late maturing and large seed type variety. This adzuki bean stays firm and maintains bean shape after cooking.

#500 DOYOU (90 days)

This variety is late maturing and is a large seed adzuki bean type grown mainly for the dried red beans used in sweet confectionery paste.

#499 WASE (70 days)

Adzuki bean is grown mainly for the dried red beans which are used in the Asian soup and sweet confectionery paste. Young green beans can be prepared like French filet beans. This is an early maturing and small seed variety.

Broad Bean

Vicia faba

(*sora mame, tsaam dou, patani, bakla*)

#426 AQUADULCE (70 to 90 days)

Sweet and tasty broad beans or fava beans are a staple of Mediterranean cuisine. When harvested very young, the whole pod can be cooked and eaten. With later harvests, the beans must be shelled. Young leaf shoots can be cooked as well. There are typically 5-8 beans per pod. Fall plantings will survive the winter and produce good spring yields. This hardy

plant is a good nitrogen fixer and can be used as a green manure.

#624 WINDSOR (70 to 90 days spring, 210 days fall)

Fava beans are a staple of Mediterranean cuisine and also popular in Mexico and known as *haba verde*. This broad bean variety has been around for a long time. Plants stand 3-4' tall with pods have 5-6 large fava beans. Productive variety and harvest young tender greens for salad and stir-fry over pasta. Get creative and make fermented *doubanjiang*, and fried *ikarimame*, dried fava beans that are deep-fried until crunchy and *sopa de habas*.

Green Bean Bush

Phaseolus vulgaris

(*saya ingenmame*)

#505 JADE (53 to 60 days)

This variety produces strong upright plants for easy picking. Pods have a sieve size 3-4, 5-7" long and are dark green color. Green beans are straight and firm with excellent flavor. Produces quality pods later in the season than other bean varieties. Plants are resistant to many diseases, including Common Bean Mosaic, Curly Top Virus, and Rust.

Green Bean Pole

Phaseolus vulgaris

(*saya ingenmame*)

#005 BLUE LAKE, F1 (63 days)

A robust producer, Blue Lake beans are tender, round, stringless 6" straight pods with white seeds. Blue Lake beans are known for being sweet and juicy. Beans can be eaten fresh, but their tender, meaty texture makes them an excellent choice for canning or freezing.

#002 KENTUCKY WONDER (65 days)

This bean has been popular since the mid 1800s. This old-time country pole bean is brown-seeded and a favorite because of its exceptional flavor, productivity, and wide adaptability. Beans are approximately 7-9" long, slender and stringless when harvested young. Pods are thick and meaty.

#654 QING BIAN (50 to 55 days)

Qing Bian is an early maturing Romano bean type. Pods are flat and long growing 10-12" long, 1" wide with nice bright green color. Beans are string-less and tender. The plants are vigorous and strong.

Hyacinth Bean

Lablab purpureus

(*fujimame, bian dou, bataw, dau vang*)

Warning: Hyacinth beans naturally have

cyanogenic glucoside (a plant compound that contains sugar and produces cyanide.) Hyacinth beans should never be eaten raw by humans or animals. **Always cook hyacinth beans well before eating because heat alters the cyanogenic glucosides.**

#206 AKAHANA FUJIMAME

(90 to 100 days)

Hyacinth bean is a tropical plant and likes warm climate. This variety is a beautiful green-leaved climber with magenta flowers. It is a popular variety with edible pods that are flat, thick and curved. The vine is vigorous and needs to be supported. Also grown as an ornamental plant in the garden, its young pods can be sliced or used whole. Boil or stir-fry well.

#220 MURASAKI IROHANA

FUJIMAME (90 to 100 days)

This Japan variety of hyacinth bean has purple flowers. The flat, thick, curved pods are green and most tender when picked young and cooked. This variety is widely grown in the subtropical regions of South Asia and China. Also popular as an ornamental plant, its young pods can be sliced or used whole. Boil or stir-fry well.

#290 PURPLE MOON (100 days)

This popular early maturing climbing hyacinth bean vine is grown for its beauty as much as for its immature beans. The plant growth is vigorous producing brilliantly colored light purple flowers. The bean pods are red-purple in color, with a flat, thick and curved shape.

#219 SHIROHANA FUJIMAME

(100 days)

A popular hyacinth bean variety with white flowers, this tropical plant is a beautiful green-leaved climber with edible pods that are flat, thin and curved. The vine is vigorous and needs to be supported. Tends to flower in the shorter days of fall so requires a long season to fully mature. Also grown as an ornamental.

Mung Bean/Bean Sprout

Vigna radiata

(*ryokuto, moyashi mame, moyashi, lu dou, balatung, dau xanh*)

#169 MAPPE GREEN

(5 days sprouting; 90 days pods)

Typically grown for their flavorful and crispy bean sprouts, mung bean plants are also cultivated for the little green beans themselves. The plants are bushy, producing purplish-yellow flowers and curving 3" hairy pods with 7-9 beans in each. Bean sprouts are a welcome addition to salads and stir-fries. Use the bean shelled or dried. They make an

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excellent dip when boiled and then pureed with a little soy sauce.

Shell Bean

Phaseolus vulgaris

(*ingenmame, hung fa tsoi tau, parda*)

#188 AKAHANA MAME (85 days)

This rare Japanese pole bean is also called flower bean. The plant produces red flowers and pods up to 8" long. The mottled 1" beans are a deep red/purple color on a black background and wrinkle when dry.

#189 SHIROHANA MAME (80 days)

This rare flower bean has snow-white flowers and pure white beans that distinguish it from similar varieties. Grown as a pole bean, this variety produces pods up to 8" long and 1" beans.

Soybean

Glycine max

(*eda mame, daizu, da dou, utaw, dau nanh, kong*)

#529 BIEI (70 days)

This is a non-GMO, open pollinated, late maturing soybean variety. Pods are dark green, have white pubescence, and large size with 3 seeds per pod. Plants are approximately 2 feet tall with strong stalks.

#578 CHIBA GREEN (78 days)

Chiba Green variety is noted for its green seed coat and very large seeds. It produces large pods of deep green color and a high percentage of 3 seeded pods. This is a medium maturing type and it matures 2-3 days earlier than Midori Giant variety. Adapted throughout the USA, it also performs extremely well in numerous foreign countries.

#530 KARIKACHI No. 3 (70 days)

This is a non-GMO, open pollinated, medium maturing soybean variety. Matures 3-4 days later than Tohya soybean variety. Pods are green pods with white pubescence, large in size with 3 seeds per pod. Plants are over 2 feet tall. This variety has wide growing adaptability.



#430 KODAIZU (90 days)

This is a mid-season soybean. It is a small seeded soybean and is used for making *natto* and excellent for sprouting. The bushy plants need warm day and cool night temperatures for good results. It is popular especially as a breakfast food because it is a rich source of protein and probiotics.

#272 KOURI (85 days)

Brown-seeded soybeans are uncommon in the United States. They are highly prized in Japan for their sweeter and nuttier flavor compared to the traditional green/tan seeded soybeans. Even though the seed for planting is brown, you will find the color of the bean dark green at harvest and it retains this color when cooked. The pod's pubescence is light brown. The plant habit is semi-upright growing about 2 feet tall.

#431 MIDORI GIANT (80 days)

This is an early maturing, large seeded, traditional *edamame* soybean. A consistently heavy producer with over 90% of the pods holding two or three seeds. It is a variety that is adaptable to all regions of the US. Great for both commercial use and home gardens.

#429 SHINONOME (80 days)

This is an early maturing soybean. It has a clear hilum (the point of attachment of the seed to the pod). It is ideal for making *tofu*, *soymilk*, *miso*, *soy sauce* and other soybean products. The bushy plants need warm day and cool night temperatures for good results. Used to make processed soybean products such as *tofu*, *soymilk*, *miso*, *soy sauce*.

#125 TAMBA KURO OTSUBU

(150 days)

This variety is very popular in Japan and has a rich flavor. The black soybean is similar to its green cousin but is a late maturing type. Warm day temperatures and cool night temperatures are important for good results.

#271 TANKURO (85 days)

In Japan, the black-seeded soybeans are noted as having a richer and sweeter flavor compared to the traditional green/tan seeded soybeans. Even though the seed for planting is black, you will find the color of the bean dark green at harvest and it retains this color when cooked. The pod's pubescence is light brown. The plant habit is semi-upright growing up to 2 1/2 feet tall. Warm day temperatures and cool night temperatures are important for good results.

#528 TOHYA (70 days)

This is a non-GMO, open pollinated, early maturity soybean variety. Pods are light green with white pubescence, large pods with 3 seeds. Plants are under 2 feet tall.

Sword Bean

Canavalia gladiata

(*tachinata mame, dou tau, pataning, dagat*)

#190 AKANATA MAME (70 days)

This tropical Japanese cultivated bean is only harvested when the pods are young and tender. The dense, glossy green pods are flat, have a ridged edge, and taste like snap beans. This variety has pink/red flowers. Large vines

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grow quickly and should be trellised.

#234 SHIRONATA MAME (70 days)

This tropical Japanese cultivated bean is only harvested when the pods are young and tender. The dense, glossy green pods are flat, have a ridged edge, and taste like snap beans. Large vines grow quickly and should be trellised.

Winged Bean

Vigna unguiculate subsp. sesquipedalis
(*shikaku mame, yi dou, sigarillas, dau rong*)

#218 WINGED BEAN (75 days)

Winged bean is also known as Asparagus pea, Winged pea, Four Angled bean, Manila bean, Princess bean, and Dragon bean. Almost every part of this tropical plant is edible: The beans (used as a vegetable), the leaves (cooked like spinach), the roots (similar to potato), and the dried seeds (used for flour). This is a day-neutral variety.

Yard Long Bean

Vigna unguiculata subsp sesquipedalis
(*sasage, juro kusasagemae, chang dou, sitao, tau fug yao, dau dua*)

#174 AKASANJAKU (75 days)

Yard long beans are sometimes called Asparagus beans or Chinese Long beans. This highly prized sweet variety produces long, slender, round stringless pods that grow 12-16" long. The dry beans of this variety are a red color. This strong plant thrives on heat and is easy to grow.

#401 DARK GREEN (70 days)

This variety produces long, dark green, slender, round stringless pods that grow 16-18" long. This strong, easy to grow plant needs a warm climate to thrive and will reward you with high yields.

#175 KUROSANJAKU (75 days)

This fast growing, high yielding variety thrives in the heat. It is a black seeded variety and is one of the most popular varieties grown. These extra long dark green stringless beans can reach 20" in length and highly prized because of their sweet and crunchy pods.

#262 MOSAIC (80 days)

The variety name, Mosaic, describes the purple, red and green colors of the pod that create a pattern. The beans grow 16-20" long. They are most common in southern China and are highly prized because of their crisp, sweet, tender pods and generous yields.

#001 ORIENT WONDER (70 days)

This variety produces rich green, long, slender, round stringless pods. These beans are very crisp, tender, and delicious. Orient Wonder

is far superior to standard varieties for its flavor and ability to grow in a wide range of conditions. It thrives in warm humid areas and sets fruit better in cool or drier weather than similar varieties.

#247 PURPLE MART (75 to 80 days)

Yard long beans have been cultivated for centuries in India and China. This variety is unusual and recognized for its rich deep dark purple color pod. A generous producer of about 20" long beans weighing about 40 grams. These beans are tender, string-less, and the bean's dark purple color turns black when cooked.

#263 RED NOODLE (50 to 80 days)

Red Noodle beans have an unusual purple-red color and are a well-known variety in southern China. They can grow up to 22" long. The bean will lose its red color when cooked. This vigorous plant is heat tolerant.

#232 WHITE SEEDED (60 days)

This heat tolerant yard long bean produces white seeds. The firm but tender pod is a light green color and grows to 24 long. Like other yard long beans, these stringless beans have sweet, tender pods. Deep fry, stir-fry, steam or add to soup.

#565 NOODLE KING (70 days)

Noodle King is an extra long yard long bean growing up to 30" with an early maturity. The plants are vigorous and highly productive. Beans are dark green color and crisp.

BEET



Beta vulgaris subsp vulgaris (biito)

Beets are appreciated for both the big sweet root and the mild greens. The globular roots have a range of colors from the traditional

deep red to bright yellow to variegated. The greens can also range in color and are delicious as microgreens, baby leaf or the fully mature plant.

#532 BULL'S BLOOD

(55 to 60 days)

This variety has stunning purple-red color seedlings when grown as microgreens and baby leaf. Beet tops are dark red-purple color and with remarkable sweet flavor. The tasty roots are best when harvested 2-3" in diameter. Bull's Blood variety add exceptional color and flavor to microgreen and baby leaf mixes.

BROCCOLI

Broccoli Microgreen

Everyone is familiar with the tree-like stalks and big heads of broccoli which are actually undeveloped flowers. It is a popular across a range of cuisines for its versatility. As a member of the Brassica family, it is related to cabbage, kale, and turnips and also to mustards. Broccoli can be eaten at any stage, and is becoming more widely available as a microgreen. As with any seed cultivated as a microgreen, make sure to wash seed before growing and wash microgreens well before eating. Broccoli microgreens can be grown year round.



#531 CALABRESE GREEN SPROUTING

Brassica oleracea var. italica (5-10 days microgreens)

Broccoli Microgreen flavor is mild with a little spice but adds a nice zing to sandwiches, salads, soups, and as a garnish to entrees.

BURDOCK

Arctium lappa
(gobo, niu pang, ueong)



Originally cultivated in China for medicinal purposes, this unique root has become a sought after specialty in Japan. Edible burdock root is *gobo* in Japanese and burdock leaf is *ha gobo*. Flavorful and crunchy, burdock is an excellent source

of fiber, vitamin B and minerals. Its nutty taste is delicious sautéed in combination with carrots or just some soy sauce and a bit of sugar, or it can be deep-fried in a *tempura*

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batter. Avoid rinsing this brown-skinned vegetable until you're ready to use it — in markets, it's sold with the dirt still lingering to the roots because it is quick to wilt when washed. The white flesh immediately discolors once peeled. You'll want to soak it in a mild vinegar solution until you're ready to cook it to maintain the color. Sow seeds in spring and early fall.

#184 HA GOBO (70 days)

This special Japanese variety is grown for its delicate edible leaves. The thick white stalk is about 12" long and the light green leaves are tender. The edible root is about 6" long.

#302 SALADA MUSUME (100 days)

An early, light skinned, edible burdock or gobo that grows 12-16" long. This relatively short length makes it suitable for home gardens. In Japan, this variety is used fresh for salad and has a nice earthy aroma.

#070 TAKINOGAWA (75 to 85 days)

Edible burdock is an important vegetable essential in preparing the classic Japanese dish *kimpira*. This is a late maturing variety that has rich earthy flavor. It is the most popular variety in Japan. Mature plant can reach 3' in height and roots grow to 3-4'. Roots can be harvested in 4-5 months if planted in spring.

#124 WATANABE EARLY

(110 days)

Burdock, also called *gobo* is highly prized as a nutritious delicacy in Japan and is a traditional Asian vegetable. This early variety matures faster than *Takinogawa* and has the same rich flavor with a slightly shorter, very tender root. Plants can grow up to 3' tall and roots to about 2.5' long. Recommended for spring sowing for summer harvest.

CABBAGE

Brassica oleracea var. capitata
(*kyabetsu*)



Western head cabbage is a very versatile vegetable and is used in kitchens across the globe. The thick inner leaves are more durable

than Chinese cabbage and stand up well to longer cooking processes. It has excellent nutritional value with high levels of vitamin C and glutamine, an amino acid with anti-inflammatory properties. Cabbage has a long storing capability and makes it an important winter vegetable. *Okonomiyaki* is a popular

cabbage based dish that is best known in Osaka. Try cabbage in curries, *sukiyaki*, *ohitashi*, *yosenabe*, stir-fries, soup, overnight pickling and *kimchee*. Sow seeds in spring.



#523 RED ACRE

(70 to 80 days)

Red Acre is a popular variety grown as microgreens and baby leaf production because it adds color and variety to any micro-mix. At a very young stage the stems have a violet color and green leaves. When grown to full maturity it is a small compact short stemmed heading plant that produces hard round deep red-purple heads 5 to 7 inches in diameter. These heads weigh from 2 to 4 pounds. Resistant to Yellows and splitting. Heads are solid in early stages and have good uniform color.

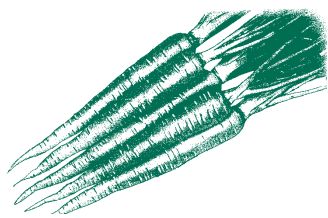
#437 WAKAMINE, HYBRID (65 days)

This popular Japanese hybrid is vigorous, easy to grow and has good heat tolerance. The medium size deep green head weighs 3 to 3 1/2 lbs and has a slightly flattened shape. It can be planted intensively and harvested summer through fall. Strongly resistant to fusarium wilt (yellows) and moderately resistant to black rot.

CARROT

Daucus carota subsp. sativus

(*ninjin*, *gajar*)



The carrot is one vegetable that spans Asian and Western cuisines alike. Asian

carrots tend to have a deeper red color, which is preferred particularly in China, where the carrot is an ingredient in a number of traditional New Year dishes. Indian cuisine enjoys carrots pickled or added to curries, while in Vietnam this vegetable is a more common ingredient in salads. The Japanese often carve carrots into beautiful garnishes or add them to soups, including a colorful pureed vegetable *miso* soup. Strips of daikon, carrot and dried apricots in a sweet and sour sauce make up a traditional Japanese New Year food, and it is a crucial ingredient in Korea's *kimchee*. Even if you plan to use them primarily in Western dishes such as green salads or stews, the colorful and tasty varieties below can add some color and diversity to the carrot section of your home garden. Sow seeds in spring and fall.

#308 ATOMIC RED (65 days)

This carrot lives up to its name—its 11" long tapered roots are a scarlet color that gets

brighter when cooked. It gets its hue from healthful Lycopene, a precursor to beta carotene. This variety has good heat tolerance.

#436 CHABLIS YELLOW

(70 to 75 days)

This Danvers variety is yellow all the way through to the core. The pointed roots grow 8-10" long, have broad, square shoulders and produce large tops. They have a uniform shape and are mildly flavored. Vigorous and widely adapted.

#309 COSMIC PURPLE (58 days)

The smooth purple skin contrasts beautifully with the bright orange coreless flesh. The tops grow to 15". Grow best in cool weather. Roots are tapered and best harvested around 7".

#433 DRAGON PURPLE (75 days)

This carrot has a deep purple exterior and orange interior. The pointed roots grow 6-8" long and have a great flavor and texture. The color is eye-catching and nice market appeal.

#203 KYOTO RED (70 to 90 days)

Kyoto Red carrot is a Japanese traditional heirloom vegetable, *dento yasai*, grown in the Kyoto area. This is a Japanese *kintoki*-type (sweet red) carrot. Its glossy deep scarlet roots grow into beautifully tapered carrots 10-12" long and are notably tender and sweet. Dark red color develops when about 3" long. Fall planting only.

#542 LITTLE FINGER (55 to 60 days)

Little Finger is just that! This deep orange Nantes type carrot grows to approximately 3-4" long, cylindrical shape with a blunt root. Its crisp texture, tender core, and size makes this an excellent choice for fresh eating, pickling, and canning.

#310 LUNAR WHITE (60 days)

This 8" long pure white carrot is almost entirely coreless. The seeds produce a heavy crop of tall, hearty plants. The tapered roots have a very mild carrot flavor, and they are particularly delicious when picked small. Crunchy and crisp, Lunar White carrots make a great addition to a green salad. They can be used in any recipe calling for standard orange carrots, but they are an especially nice addition to a dish whose presentation highlights their clean moon-white color.

#112 NEW KURODA (110 days)

An improved Chantenay-type, this smooth, deep orange carrot grows to 7" long and 2" in diameter. Bred to thrive in sub-tropical areas, it produces high quality, uniform roots in summer for fall harvest. The uniform plant has high tolerance to heat and leaf blight.

#612 SAMURAI RED (70 to 90 days)

This is a Japanese *kintoki*-type (sweet red) carrot. Its glossy deep scarlet roots grow into beautifully tapered carrots 10-12" long and are notably tender, sweet, and juicy. Asian carrots have more anthocyanin than carotene which gives it the deep color and are planted during late summer-early fall for winter harvest.

#434 SCARLET RED (75 days)

This deep red carrot grows 6-8" long and has strong green tops. It is high in lycopene and can be eaten fresh but is generally preferred cooked.

#311 SOLAR YELLOW (63 days)

This deep red carrot grows 6-8" long and has strong green tops. It is high in lycopene and can be eaten fresh but is generally preferred cooked.

#435 SNOW WHITE (75 days)

This creamy white carrot has a mild, sweet flavor and crisp texture. The average length is 7-8". Excellent quality roots. Grow with other color carrots for an eye catching bunch or gourmet salad. Use fresh or cooked.

CHINESE BROCCOLI

Brassica oleracea var. alboglabra

(*kairan*, *kailaan*, *gai lan*, *phakkhana*, *cai ro*)



Chinese broccoli is also known as Chinese kale or *gailaan*. Although it is not widely available in Western markets, Chinese broccoli is quite versatile and is very common in Asia. It is one of the most popular green

vegetables in Chinese cuisine and grown for its leaves and stem. The vegetable can be prepared much as you might prepare broccoli, although it looks more like kale. The flavor is a bit stronger than Western broccoli - peppery and pungent in the aftertaste. It's delicious - and most typical - in a stir-fry, but also makes a tasty addition to a fresh salad. Sow seeds in spring to early fall.

#699 BIG STEM (40 to 45 days)

Chinese broccoli is a popular Chinese green vegetable and is grown for its stalks and leaves. This open pollinated variety has deep green color, good flavor and BIG stems that are crisp and excellent for slicing. Stems are 12-18" at harvest, tolerant to cold, and slow bolting. If the stem gets too large and skin is tough just peels the skin off. The stem flesh is still very crisp and juicy.

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#611 EARLY JADE, HYBRID (40 to 45 days)

This Chinese Broccoli is an early maturing variety, 45-50 days in spring, 40-45 days in summer and fall. Leaves and stems are dark green and tender. Plants uniform and vigorous. Slow bolting characteristics.

#144 KAILAAN (60 to 70 days)

This open pollinated variety has deep green color and good flavor.

#655 LATE JADE, HYBRID

(50 to 55 days)

This variety is a late maturing variety. Leaves are big and dark green with thick stems. Slow bolting and tolerant to Downy Mildew. Nice vigorous growing variety and good uniformity. Good for sowing from late spring to fall season (cool areas), can be planted yearly around in sub-tropical area.

#295 RYOKUHO, HYBRID (45 to 50 days)

Also known as Green Jade variety. This excellent early maturing hybrid has vigorous growth, high yields and disease resistance. The uniform, upright plants are about 16" tall with thick tender stems with long internodes. The smooth dark green leaves have very short petioles with less wax. Thick stems, strong heat tolerance and moderate bolting resistance make this variety very desirable.

#296 SUIHO, HYBRID (50 days)

Also known as Noble Jade or Emerald Green variety. This variety of Chinese kale/broccoli has round medium green leaves that are slightly wrinkled with 3/4" thick stems. The thick stem is shorter and thicker than Ryokuho variety yet tender and crispy making this a grower choice. The plant grows about 14" tall and is semi-spreading.

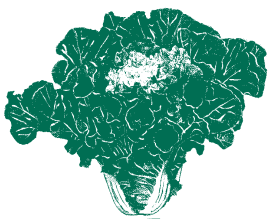
#294 WAN SHEN (65 days)

This late maturing Chinese broccoli also bolts late if grown in cool temperatures. It has large tender leaves with short, thick, crisp stems.

CHINESE CABBAGE

Brassica rapa var. pekinensis

(*nappa*, *hakusai*, *da bai cai*, *pechay*, *baguio*, *cai bac*)



Whether it's encountered in a Chinese stir-fry, pickled in Korean *kimchee* or used in Japanese soups or *sukiyaki*, Chinese

cabbage plays a principal role in Asian cuisine. Its mild delicate flavor makes it a welcome

addition to a salad or sandwich, but it also makes the cabbage vulnerable to overcooking. In Asia, the vegetable is an important source of nutrition in winter. It is typically pickled in Japan and Korea and dried in China to be included in soups during the cold season. The varieties below represent the three main types of Chinese cabbage: barrel-shaped, cylindrical, also called Michihili, and loose-leaf. Sow seeds in spring and fall.

Fluffy Top Type



#482 KOGANE (70-80 days)

Kogane means gold in Japanese. When mature, the loose, fluffy head type, can weigh up to 8 lbs and has a yellow core surrounded by crumpled green outer leaves. It has good flavor and is popular for pickling and cooking. Creates a nice contrast with darker greens for microgreens and baby leaf. Best grown in mild climates.

Head Type

#008 AICHI (70 days)

This very old traditional, *dento yasai*, Chinese cabbage variety is from the Aichi Prefecture of Japan. It produces large barrel-shaped heads with succulent mid ribs. The tender leaves have a mild, sweet, cabbage flavor and compliment other vegetables when prepared cook, pickled, or fresh.

#013 BLUES, HYBRID (50 to 60 days)

This well-known early hybrid *nappa* cabbage has many excellent qualities. It grows vigorously and is resistant to viruses, downy mildew, leaf spot, alternaria leaf spot, and bacterial soft rot. It is extra slow bolting. Mature heads can weigh over 4 lbs.

#625 CHINA EXPRESS, HYBRID (62 days)

China Express is an early variety that is widely adaptable and utilized variety. This variety has tipburn and bolting tolerance. The barrel shaped heads are light green color and medium-sized. Heads are well wrapped and uniform.

#626 CHINA GOLD, HYBRID (65 days)

China Gold is a mid-early maturing variety excellent green external and yellow internal color. It has a compact frame, good weight and is very slow bolting. This variety is tolerant to tipburn and some clubroot races.

#511 CHUN YEON GOLD, HYBRID (60 to 70 days)

This spring time Chinese cabbage hybrid has excellent heading ability under various

conditions. The barrel head type cabbages are cylindrical shaped with deep green outer leaves and yellow inside leaves. Mid ribs are thin. Head size average 12" tall, 7-8" wide and weigh 2-2.5 lb. The cabbage has low moisture content and excellent flavor which makes this Chinese cabbage a good choice for *kimchi* pickling. This variety has slow bolting characteristics and disease resistance.

#512 HWI MO RI, HYBRID (65 to 70 days)

This hybrid variety is slow bolting and tolerates cold temperatures. It has wide adaptability to grow in various soil types. The cabbage heads have a solid cylindrical shape formation with yellow inner leaves and deep green outer leaves. Head size average 14" tall, 10-11" wide and weighs 3-3.5 lb. Excellent Chinese cabbage for *kimchi* pickling because it has a low water content. It has disease resistance to Virus.

#009 KYOTO #3 (80 days)

A Japanese heirloom or *dento yasai* variety of Japan, this cabbage has a barrel shaped head and matures to 6-7 lbs. Mildly flavored and stores well.

#010 MATSUSHIMA #2 (80 days)

This Japanese heirloom or *dento yasai* variety is a staple in many parts of Asia. It has a barrel shaped head and is suitable for intensive planting. The leaves can be dried for winter use.

#307 MINI KISAKU 50, HYBRID (50 to 55 days)

This small, early maturing variety is easier to handle than the large heads produced by other varieties. It weighs only 2-3 lbs when mature and has a yellow core that is very crisp, tender and delicious. Popular in Japanese soups and braised with meat in *sukiyaki*. Used in *yosenabe*, *ohitashi*, stir-fry, pickling and salad.

#561 RCC3, HYBRID (85 to 90 days)

This is a red hybrid Chinese Cabbage that everyone has been talking about. Exterior leaves are pink color and interior leaves are red-purple. The color is not as dark as RCC9. This variety is medium bolting and is prone to internal tipburn (decay of inner leaves). There is approximately 3% green Chinese cabbage off type.

#562 RCC9, HYBRID (85 to 90 days)

This is the unique RED Chinese Cabbage everyone has been waiting for! RCC9 has deeper red-purple color than RCC3 with the exterior and interior leaves having the nice red-purple color. Size is smaller than RCC3. RCC9 is not suitable in some regions because its early-bolting and is prone to

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internal tipburn (decay of inner leaves). There is approximately 5% green Chinese cabbage off-type. Clubroot resistant. Excellent for fresh salad and pickling.

#549 **SPRING CRISP, HYBRID**

(63 days)

Spring Crisp barrel heads have a weight of approximately 5 pounds and is an excellent variety for kimchi pickling. Head are dark green external color, bright yellow internal color. Excellent slow bolting habit making it suitable for late spring to late summer harvesting. This early maturing variety has good field holding ability with an intermediate resistance to Clubroot and is less susceptible to internal black specks.

#550 **WINTER CRISP, HYBRID** (90 days)

This early maturing, medium green *nappa* cabbage variety has wide adaptability. Recommended where other *nappa* are difficult to cultivate. Heads can weigh over 5 lbs at maturity. It has good cold tolerance, medium heat tolerance and is slow bolting. This variety has a high resistance to viruses, soft rot, and leaf spot. A nutrient-rich vegetable loaded with vitamin A, potassium, and folic acid.

#011 **WR-70 DAYS, HYBRID** (70 days)

This early maturing, medium green *nappa* cabbage variety has wide adaptability. Recommended where other *nappa* are difficult to cultivate. Heads can weigh over 5 lbs at maturity. It has good cold tolerance, medium heat tolerance and is slow bolting. This variety has a high resistance to viruses, soft rot, and leaf spot. A nutrient-rich vegetable loaded with vitamin A, potassium, and folic acid.

#627 **YUKI, HYBRID** (67 days)

Yuki is a medium maturing variety. It has good uniformity and large head size with tolerance to Black Speck, tipburn and intermediate resistance to some races of Clubroot. Moderate bolting tolerance. Nice green exterior color.

Loose-head Type



#245 **BEKA SANTOH** (25 to 40 days)

This vigorous Chinese cabbage loose head variety is grown throughout Japan. The leaves are light green, frilled and slightly serrated. The petioles are white. Fast growing.



#212 **CHIRIMEN HAKUSAI**

(50 days)

This loose-leaf Chinese cabbage is an old variety from Japan popular for beautiful crepe-textured light green leaves. Plants grow to 12" tall. In temperate climates, sow in summer, but avoid planting in the middle of a hot summer. In other areas, sow in spring or fall. You can use this variety in a salad as you would a lettuce

or spinach. The most popular way to cook it is stir-frying, which will retain the nutrients, color and flavor.

#014 **GREEN SEOUL** (70 days)

This is a Korean loose-head type Chinese cabbage with narrow yellowish-green leaves. It is available only in treated seed. Sow seeds in late spring or early fall. Excellent for Korean *kimchee* recipes, this type of cabbage is also very popular in China and Japan for pickling. It is available in only Thiram treated seed.



#115 **HIROSHIMANA** (45 days)

This loose-leaf Chinese cabbage variety has medium green, glossy leaves and pale green midribs. In frost-free areas, it can be sown all year long but avoid planting in the middle of a hot summer. For larger heads, harvest in 60-70 days. Stir-fry or steam. Chinese and Japanese cooks often use loose-headed cabbages for pickling.

#543 **MANSU, HYBRID** (65 days)

This is a Korean loose-head type Chinese cabbage with bolting tolerance and has wide growing adaptability. Leaves are dark green with white petioles. Excellent for Korean *kimchee* recipes, salads, and soups. It is suitable for spring and fall sowings, and in mild temperature regions summer sowing is possible.



#060 **MARUBA SANTOH**

ROUND LEAVED (30 to 40 days)

This mild flavored green is fast and easy to grow. It is heat tolerant and suitable for year round growing. This loose head type Chinese cabbage has tender, smooth, round light green leaves and white petioles that can be harvested at any stage. Sow seeds in spring/summer after last frost or late summer/early fall. Use in salad, *sukiyaki*, *ohitashi*, *yosenabe*, stir-fry, soup and pickling.



#345 **OSAKA SHIRONA**

(40 to 60 days)

These Japanese greens grow mild-tasting medium-sized bright green leaves atop wide and firm white petioles or stocks. It is a fast-growing variety that is tolerant to both cold and heat. In frost-free areas it can be sown all year long, but avoid planting in the middle of a hot summer. Packed with vitamin A, these leafy cabbages are most often enjoyed fresh in a stir-fry. Traditionally, leaves were dried or pickled to provide nutritious greens during winter months.



#349 **TOKYO BEKANA** (20 days baby leaf- 45 days mature)

Tokyo Bekana is a loose-head Chinese cabbage from Japan. The spring-green leaves curl at the edges and mature with slim white stems that

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widen at the base. Grow baby leaf greens year round with protection from cold temperatures. Popular for micro-greens.

NEW



#213 **ORGANIC TOKYO BEKANA**



#213 **VITAMINNA** (45 days)

This vegetable green is familiar in households throughout Japan. The dark green leaves are crinkled and thick. Highly tolerant to cool temperatures, this vigorous grower is slow to bolt. Plant in spring or late summer to fall. Loaded with vitamin A, this flavorful green is a perfect addition to a salad or stir-fry.



#410 **YUKINA SAVOY**

(25 to 45 days)

Yukina Savoy looks like a larger and savoyed version of Tatsoi. The thick, dark green, shiny, spoon-shaped leaves grow upright on pale green petioles. This vigorous and easy to grow plant is heat and cold resistant and can be grown year round. It has a mild flavor when harvested young. In cool areas, sow seeds in late spring after last frost in a sunny location and harvest in early summer through fall. In temperate areas, sow seeds from spring through fall. Culinary tips: Use in salads and stir-fries.

Michihili Type

#178 **GREEN ROCKET, HYBRID**

(70 days)

This very popular early maturing Michihili type Chinese cabbage is known for its sweetness and crisp leaves. The uniform frilly-leaved cylindrical heads grow to 18" tall and 4 to 4 1/2 pounds. It is a vigorous grower, disease tolerant and matures early. Popular in Japanese soups and braised with meat in *sukiyaki*. Used in *yosenabe*, *ohitashi*, stir-fry, pickling and salad.

#373 **MONUMENT, HYBRID** (80 days)

This Chinese cabbage hybrid produces bright dark green, upright heads that look statuesque in the garden. A Michihili type of Chinese cabbage, Monument cabbages are cylindrical in shape, with crisp, textured outer leaves surrounding a sweet, tender, white core. Popular for its excellent flavor, disease tolerance and high quality, this semi-heading variety produces a bumper crop with cabbages as heavy as 4 pounds each. Harvest in the cool fall and early winter months. Monument is approximately 10 days later maturing than Green Rocket variety. Perfect for pickling, this variety is also excellent in stir-fries and soups.

Korean Cabbage

#577 **BAE MOO CHAE, HYBRID**

(60 to 70 days)

Bae Moo Chae variety is the first hybrid crossing Chinese cabbage and radish. It is heading type of Chinese cabbage with hairless leaves and thick petioles. The root is straight and thick like radish. The flavor is spicy and sweet. It is rich in sulforaphane.

CHINESE CELERY/ CELERY

Apium graveolens var. secalinum

(*seri na, qin cai, kinchai, teng chai, rau can tau, ajmond*)



Chinese celery is a smaller version of the celery in Western markets, but its flavor is quite a bit stronger. The crisp, hollow stems of some varieties

are light green, others can be dark green or white. The leaves are typically jagged on the edges. Indispensable to many Asian soups or stews, Chinese celery is one of the most commonly grown vegetables in China. The entire plant is used, either fresh or dried. Add leaves and stalks to flavor vegetable or meat soups, or use them in a stir-fry. In China, celery is sometimes served as a dish by itself, stir-fried with a little soy sauce and sugar. The flavor may be a little too strong raw in a fresh green salad. Try it in small amounts at first. They prefer the cooler temperatures of spring and fall. Sow seeds in spring or late summer (in mild climates).

 **#355 KINTSAI DARK GREEN**
(30 to 50 days)

This Chinese cutting celery grows small dark green leaves with green petioles. Stems are thin, hollow, and crisp. It is very aromatic, even seedlings have a nice celery flavor. This makes it an excellent microgreen. As the plant matures the celery flavor and scent intensifies.

 **#522 DARK GREEN CUTTING**
(30 to 50 days)

This is a cutting celery grown specifically for microgreen production. It is very aromatic and has a celery flavor. Use in soups, stir-fries or as an herb for seasoning.

 **#067 LIGHT GREEN** (30 days for micro greens, 60-90 days)

Like other varieties of Chinese celery, Light Green variety delivers the distinct celery flavor and aroma. The plant does not produce ribbed, thick stalks as conventional celery but very small, thin stems and leaves. The leaves

and stems are used in soups and stir-fries for accent. Excellent variety for microgreens.

#695 TALL UTAH 52-70 (100 days)

This variety has tall medium-dark green stalks and foliage with an upright and compact growth habit. Plants grow to 30 inches tall and produce moderately ribbed smooth stalks 10 to 11 inches long to the first joint. Good heart development. Strong roots. Tolerant to some strains of Western celery mosaic virus. Plants will bolt in cold weather.

CHINESE LEEK

Allium tuberosum

(*nira, jiu cai, kutsay, kuichai, he*)



The Chinese Leek, also known as Chinese Chive, has a long history in Chinese and Japanese kitchens as well as the medicine cabinet. Both of the varieties described below have a delicate garlic-chive flavor. The leaves can be

prepared in stir-fries, egg dishes, meat or fish dishes, or even by themselves. The Japanese make a *tempura* snack by tying the leaves into a bundle, dipping them in batter, and deep-frying them. The star-like white flowers make this herb an attractive addition to the garden. If they're not being used in a vase on the table, the flowers and flower buds can be part of your meal. The flowering stems retain their color when cooked and can be steamed as you might prepare asparagus. Flower buds are tasty in a salad, dressed with a little oil. In Asia, the flowers are sometimes ground into a spice. Sow seeds in spring to early summer.

#200 FLOWERING CHINESE LEEK
(70 days)

This popular Chinese specialty herb is a vigorous perennial. It is grown for its young flower buds, long stems and slender flat deep-green blades that grow up to 14". All of these parts are edible including mature flowers and have a delicate garlic-onion flavor. This variety is suitable for harvest from mid spring to early fall when grown in a greenhouse, and from late spring to late fall when grown in the field. Sufficient vegetative growth (1-2 years) plus low temperatures in winter and long summer days are needed for flowering. Generally, Chinese leek will not flower in the first growing season.

#037 BROAD LEAVED NIRA
(100+ days)

This Japanese variety of Chinese leek *nira* has deep green, broad, thick leaves that have a garlic-onion flavor. It is also referred to as **CHECK WEBSITE FOR SEED AVAILABILITY**

flat chives. Its tolerance of heat and cold makes it very easy to grow. Likes full sun and will also thrive in half shade. Once the plant is established, it can be divided and raised for several years. Excellent choice for home garden and commercial growing. Can also be used to grow the delicate yellow blanched Chinese leek.

CHRYSANTHEMUM GREENS

Glebionis coronaria

(*shungiku, kikuna, tung hao, tan o, khee kwai, guladaudi*)

Chrysanthemum greens are also known as *shungiku*, is a popular Japanese vegetable green that has yet to be recognized as a vegetable in the West, so you won't find these greens in the produce section of the local grocery store. The dark green aromatic leaves are rich in vitamin B and minerals. The leaves are serrated or round on the edging. They, along with the young stems, are used in *tempura*, *sukiyaki*, *ohitashi*, *yosenabe*, and *shabu-shabu* in Japan. In China, the leaves are commonly used in soups. Sprinkle the chrysanthemum flower petals over soups and salads as a garnish, or add the young leaves to a green salad. The Japanese dip the flowers in sake and eat them at the beginning of a meal to confer good health and long life. Sow seeds in spring and fall.

 **#201 GARLAND ROUND LEAVED** (40 to 50 days)

This highly valued Japanese green is an edible chrysanthemum. The large, medium green oblong leaves are less serrated and have a milder flavor than the serrated-leaf varieties. An easy to grow plant that can also be used for microgreens and baby greens. The closer to flowering, the more pungent the flavor becomes.

 **#033 GARLAND SERRATED LEAVED** (40 to 50 days)

This highly valued Japanese vegetable green is an edible chrysanthemum and has serrated, dark-green aromatic leaves. The serrated leaf type has a flavor that is stronger than the round leaf type and intensifies with maturity. This easy to grow, cool weather plant has high yields and produces many side shoots.

 **#413 OASIS** - (40 to 50 days)

Edible chrysanthemum green is a traditional vegetable of Japan. Oasis has small, deeply serrated, dark-green aromatic leaves and is more productive, vigorous, and branched than many other varieties. This easy to grow plant can also be used for sprouting and baby greens.

COLLARD

Brassica oleracea var acephala
(ke-ru, hagoromo kanran)



Collard greens are found in the Brassica family and are related to Kale. Collard greens are popular in American Southern cooking and are simmered with ham hock or salted pork. In Asia, the greens are used like loose-leaf

cabbages and typically are pickled or added to soups and stir-fry. The leaves are packed with vitamins and are a healthy choice for the dinner table.

#382 GEORGIA SOUTHERN (75 days)
A loose-leaf member of the cabbage family that is prolific and easy to grow. The flat, oval, smooth, blue-green leaves have a mild flavor that improves with a light frost. Very high in nutritional value and fiber. Produces through the winter in temperate climates.

CORN

Zea mays
(tomorokoshi)



An increasingly popular vegetable throughout Asia, corn is a fun summer garden vegetable to grow. Cooks in Thailand and China make excellent use of baby corn in stir-fries and soups,

along with salads.

Corn Shoot/Popcorn

#509 JAPANESE HULLESS
(83 to 100 days)

This variety is known for excellent popcorn that pops pure white kernels with no hard centers. Kernels pop into tender flakes. It is one of the best varieties grown for "baby corn".

#564 ROBUST 997, HYBRID
(110 days)

Also known as R997, this is a mid-season "butterfly" popcorn with large orange grain. It has a long cylinder-shaped ear with easy to remove kernels and will grow under a wide range of conditions. This variety is popular for microgreens because the shoots are sweet flavored and germination is consistent.

CRESS

(tagarashi, koshoso, uotakuresu, kureson, xi yang cai, lampaka, phakkat nam, xa lach son)



Dating back to the Ancient Roman times, cress has long been an important source of nutrients for European and Asian populations. Today it's

grown more for its delightful peppery flavor. It's the perfect extra ingredient to perk up a salad, sandwich, soup or hot dish. Cress is very popular in Asia, particularly in China, where it appears most frequently in soups. Some soups even feature cress as the main ingredient, accented by onion, garlic, butter and a few spices. Given the right conditions, cress is a hardy plant that produces year round. Sow seeds in spring and fall.

#140 GARDEN CRESS
Lepidium sativum (14 to 30 days)

Often called peppergrass or curly cress, this herb is easy to grow in a container or in the garden. It has ruffled leaves with a refreshing peppery flavor. Use in salad or sandwiches to add texture and flavor. Stuff lots of spicy garden cress in porchetta sandwiches. It is absolutely delicious.

#181 TRUE WATERCRESS
Nasturtium officinale (50 days)

This hardy perennial grows wild along streams and can be cultivated in moist soil. Its dark green, small crisp leaves and young stems have a peppery flavor. It is recommended to harvest when young as watercress becomes bitter when it starts to flower. High in vitamins A and C.

#182 UPLAND CRESS
Barbarea verna (45 to 60 days)

Upland Cress is also called Winter Cress, or Creasy Greens in the South. It is an easy to grow cut-and-grow-again crop. The plant grows to about 4-6" tall with mildly peppery leaves. Harvest at any stage from microgreen to full maturity. Leaves, shoots, and flower buds are all delicious.

CUCUMBER

(kyuri, huang kwa, taeng kwa, khira)

Versatile and hardy, the cucumber carries a lot of weight in Asian cuisine. Most typically, cucumbers are pickled or eaten raw as the main ingredient in lightly dressed salads. The Chinese cut up very ripe fruit into



soups, including the skin. Indian cuisine employs cucumbers in its yogurt-based raitas; in Thailand, the vegetables are grated with onions in a salad with lemon and fish sauce. In Japan, you'd be likely to encounter cucumbers in soups; in Korea, you'd find them more often in stir-fries. They also often have textured skin, or ridges, and a smaller seed cavity. Sow seeds in late spring to early summer. Start seeds indoors and transplant when weather warms.

Armenian Cucumber
Cucumis melo var. flexuosus

#015 ARMENIAN (50 days)

Sometimes referred to as snake melon, serpent and yard long cucumber. This variety is light-green, heavily ribbed, and spineless. Fruits are crisp, mild and sweet flavored. It is a burpless cucumber and its thin skin does not require peeling. Very heat tolerant.

#366 ARMENIAN STRIPED
(65 to 70 days)

Valued for its flavor and attractive fruits, this cucumber is also known as snake melon. It is a heavy producer of light and dark green striped fruit that have a curved shape. An excellent slicer, the flesh is mild, sweet and crunchy. This variety requires a long and warm growing season. Use in salads and excellent for pickling.

Asian Cucumber
Cucumis sativus

#598 EUN CHEON, HYBRID
(55 to 60 days)

This Korean hybrid cucumber is early maturing and has good yields. Cucumbers have a green shoulder and goes to light green. Flavor is sweet and crisp. The fruits are best harvested at 7-9" long and weigh about a ½ lb. It has a monoecious flowering habit (plant produces both male and female flowers). Open field growing with vertical support is recommended.

#545 GREEN LIGHT, HYBRID

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(40 to 50 days)

This is an excellent mini cucumber that is an All-American Selection winner. Plants are vining, high yielding, growing fruit 3-4" long, thin skin with very small seed cavity. Great flavor and crisp texture. Succession plantings will ensure a summer-long harvest. This cucumber is parthenocarpic meaning the flowers are all female and the fruits are seedless without needing to be pollinated making this an excellent choice for hoop-house or greenhouse growing.

Japanese Cucumber *Cucumis sativus*

#665 CHINA LONG, HYBRID

(50 to 60 days)

This is an early maturing sooyow type cucumber. This type of cucumber has very spiny skin yet thin skin. The skin does not require peeling, just wash the spine off and slice. Fruits grow 14-15" long, crisp with good flavor. Excellent for pickling and fresh eating. Tolerant to heat. Resistant to DM, PM, CMV and fusarium wilt. High yielding. Good for planting in open field and greenhouse.

#023 DRAGON SUHYO CROSS, HYBRID

(50 to 60 days)

This vigorous hybrid sooyow-type Japanese cucumber has its origins in Northern China. It is easy to grow with good disease resistance. The dark green skin has defined ribbing and fine white spines. Fruits mature at 10-12" long and have excellent flavor and quality. This variety is suitable for open field growing and has a monoecious flowering habit (plant produces both male and female flowers.)

#620 HOUSAKU, HYBRID

(55 to 60 days)

Housaku means good harvest and it is a very productive Japanese hybrid cucumber producing more than 90% of female flower. Fruits are smooth skin, dark green color with good flavor making it ideal for both pickling and fresh use. Best when harvested 8-9" long. Good for open field and greenhouse growing.

#018 PALACE KING, HYBRID

(50 to 60 days)

This easy to grow, early maturing, sooyow type variety originates in Northern China. The defined ribbed fruits are best harvested 10" long and have fine white spines that are easily removed by washing. It is burpless, very crisp, and has a thin skin that doesn't need to be peeled. The vines are high yielding. It has a monoecious flowering habit (plant produces both male and female flowers.)

#389 PALACE PRIDE, HYBRID

(50 to 60 days)

This sooyow variety yields a prolific crop of fruits with glossy dark green skin with defined ridges and fine white spines. Fruits are harvested 10" long and have crisp flesh, a relatively small seed cavity and sweet flavor. Popular for its heat tolerance, this cucumber is easy to grow. No need to peel skin since the white spines are easily removed by washing. It has a monoecious flowering habit (plant produces both male and female flowers.)

#405 PROGRESS, HYBRID

(50 to 60 days)

This excellent hybrid, Japanese cucumber has smooth, glossy, green skin and tasty, crisp, burpless flesh. The quality fruits mature to 8" long and 1" in diameter. Vigorous, high yielding plants are very heat tolerant and disease resistant. It grows well in the open field and has a monoecious flowering habit (plant produces both male and female flowers) and sets many female flowers.

#390 SOARER, HYBRID

(60 days)

Valued particularly for its flavor, this Japanese burpless cucumber hybrid is easy to grow and a generous producer of 8" long cucumbers, up to 1" in diameter, with fine white spines and smooth deep-green skin. The vigorous plants tolerate heat very well and resist downy mildew, powdery mildew, anthracnose, and CMV. This variety is suitable for open field growing and has a monoecious flowering habit (plant produces both male and female flowers.)

#143 SOOYOW NISHIKI

(50 to 60 days)

This open pollinated sooyow type cucumber is easy to grow and heat tolerant. The skin is dark green with defined ridges and fine white spines that are easily removed by washing. It doesn't need peeling. The fruit has sweet and very crisp flesh. It has a monoecious flowering habit (plant produces both male and female flowers.) It produces more female flowers on the secondary and tertiary vines, so that's where most of the fruit will be harvested.

#404 SOUTHERN DELIGHT, HYBRID

(50 to 60 days)

This is an excellent hybrid Japanese cucumber that has smooth, deep green skin with small white spines. The burpless fruits mature to 9" long, 1" in diameter, and have excellent flavor and quality. It is recommended for open field growing and has high tolerance to heat. The very vigorous, high yielding plants are disease resistant. It has a monoecious flowering habit (plant produces both male and female flowers.)

#391 SUMMER DANCE, HYBRID

(60 days)

Best known for its extremely uniform fruit, this hybrid grows vigorously and delivers a high yield from its many lateral vines. The mild tasting, deep green fruit are near perfect—straight with fine white spines on their glossy skin. They grow to about 9" long and more than 1" in diameter. Highly resistant to downy mildew and powdery mildew, it has an intermediate resistance to corynespora blight and target spot. This variety is suitable for open field growing and has a monoecious flowering habit (plant produces both male and female flowers.)

#392 SUMMER TOP, HYBRID

(60 days)

This excellent burpless hybrid is easy to grow and delivers a large yield of top-grade fruit. The cucumbers are uniform producing dark-green fruit that grow to about 9-10" long. This variety is suitable for open field growing and has a monoecious flowering habit (plant produces both male and female flowers). Enjoy fresh in salads, pickled or cooked in soup.

#019 TASTY GREEN, HYBRID

(50 to 60 days)

This popular, early maturing, Japanese burpless cucumber is best harvested 9" long. It is crisp, juicy, and tender. The dark green cucumber has smooth skin and fine white spines. It is easy to grow under a variety of conditions. This adaptable variety yields heavily. It has a monoecious flowering habit (plant produces both male and female flowers.) Suited for greenhouse, open field, and home garden cultivation.

#481 TOKIWA

(55 to 60 days)

Also known as Tokyo Green, this uniform, dark green variety grows 1.5" in diameter and 9-10" long and has small spines. Retains good flavor when large. Expect high yields.

#278 TSUYATARO, HYBRID

(50 to 60 days)

This outstanding, easy to grow, burpless type is a bestseller in Japan. The skin is glossy deep green and is smooth with few spines. The fruit is very uniform and suitable for open field, greenhouse, and home growing. It has a monoecious flowering habit (plant produces both male and female flowers) and moderate resistance.

#016 YAMATO SANJAKU

(50 to 60 days)

This traditional variety is from Japan's Yamato Province now known as Nara Prefecture. Sanjaku means three feet and this variety produces a generous crop of remarkably long, narrow fruit. It is best when harvested

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before reaching 2 feet long with a 2" diameter. The fruits have crisp white flesh, a relatively small seed cavity, and a sweet flavor. It has a monoecious flowering habit (plant produces both male and female flowers.)

#619 ZIPANGU, HYBRID

(55-60 days)

Zipangu is a Sooyow-type hybrid cucumber. Fruit is uniform and crisp with good flavor making it ideal for both pickling and fresh use. Fruit are dark green with lots of spines and ridges growing to 8-9" long and weigh 3-3.5 ounces. High resistance to Powdery mildew, Downy mildew, Zucchini yellows, Watermelon mosaic virus 2. Intermediate resistance to Cucumber mosaic virus.

Pickling Cucumber

Cucumis sativus

#025 CALYPSO, F1 (55 days)

A widely adapted, high yielding, pickling cucumber that is suitable for hand or machine harvesting. Blocky, dark green fruits are straight with white spines and mature to a length of 3" by 1". It has a gynoecious flowering habit (plants produce almost all female flowers) so it be must be interplanted with 10 to 15% pollinator plants. Disease resistant/tolerant to SCAB, CMV, DM, ANT, PM and ALS.

EGGPLANT

Solanum melongena

(*nasubi, ngai gwa, si kwa, ca, talong, makhua terung, cai tim, cai phao, brinjai*)



Asian eggplants are milder and have a more delicate taste than Western varieties. The slender fruits vary in color from white with lavender

streaks to a glossy purple-black. They need no peeling. The skins are thin and tender, adding a slight texture and sweet flavor to the flesh. In Japan, eggplants are often used in *tempura*, baked and served with a dipping sauce made of ginger and soy sauce, braised or pickled. They are more typically braised or fried in China, while in India, they are usually stuffed with meat and spices and baked. The mild flavor and porous flesh make them a perfect ingredient in a Thai curry dish, as they absorb the neighboring flavors. This is definitely a summer vegetable, unable to withstand cool weather. Start seeds indoors 6 weeks before last frost date and transplant when weather warms.

Chinese / Taiwan Type

#152 BRIDE, HYBRID (70 days)

The compact plants of this Chinese variety are well branched and produce 2-3 eggplants per cluster. The tender fruits have purple skin with white stripes, a green calyx and white flesh. They mature to 8" long and 1 1/4" in diameter. The strong plants are tolerant of bacterial wilt. Braise, bake or stir-fry. Use for grilling, stuffing and *tempura*.

#119 PING-TUNG LONG, HYBRID

(75 days)

This is a prolific Taiwan variety that produces 12-16" long glossy purple-red fruit with green calyx. The erect plants are very sturdy, vigorous and resistant to bacterial wilt and can bear as many as 20 fruits each. This variety is tolerant of heat and moisture.

#514 PURPLE SHINE, HYBRID

(65 days)

This is a popular Chinese type eggplant variety. Fruits are firm and have a shiny purple skin and average 9-11" in length and 1.5-2" diameter. Plants are productive with high yields.

Filipino Type

#703 TALONG PURPLE #1

Talong Purple Long #1 eggplant is one of the most popular grown eggplants in the Philippines. The fruit grows 6-8 inches long and has purple color skin with a green calyx. It is tolerant to bacterial wilt and Phomopsis rot.

Italian Type

#614 ROSA BIANCA (70 to 80 days)

This eggplant variety is traditionally recognized in Italian cuisine. The fruit are lavender and white color with green calyx with slight ribbing. Fruit are 5-7" diameter, round-shape, with very mild, delicate flavor, creamy texture, and no bitterness.

Japanese Type

#513 AO DAIMARU (65 days)

Ao Daimaru is a highly prized traditional *kyo yasai* or Kyoto vegetable, from the Saitama Prefecture, Japan. It is a delicacy in that region from early Meiji period. This unique fruit is globe-type with a flat bottom, light green skin, green calyx, and averages 1/4 lb. Flesh is dense and creamy when cooked and has a rich flavor.

#402 BLACK SHINE, HYBRID (65 days)

This Japanese hybrid eggplant has long fruit with black skin and a purple calyx. The shiny fruits have tender good quality flesh and grow over 8" long and weight over 8 oz. This

extra early prolific producer is recommended for greenhouse and open field growing. Black Shine is very similar to Millionaire variety but fruit is heavier in weight.

#347 CHORYOKU, HYBRID (80 days)

This long Japanese eggplant has a bright, shiny, spring-green skin, and matures to 12" in length. The calyx is also the same uniform color. The plant is a vigorous grower and prolific producer of large, firm, sweet, and tasty fruits.

#131 DEWAKO ONE BITE

(50 to 60 days)

This small one-bite size Japanese eggplant, *hitokuchi nasubi*, is a purple-black color with a purple calyx. The fruit weighs about 10 grams and is ideal for pickling. This specialty eggplant is from Dewako in Yamagata Prefecture Japan.

#618 E-STAR, HYBRID (70 to 80 days)

E-Star is a Japanese round-shaped eggplant with glossy, deep purple-black color with purple calyx. Fruit are 3-4" in diameter and weight about 350-400 grams. The flesh is white and firm yet creamy when cooked. This is a medium early maturing variety. Plants are semi-upright and good for open field growing.

#242 KAMO (65 days)

Kamo is a highly prized traditional *kyo yasai* or Kyoto vegetable, from the Kamo area of Japan. It has been a delicacy in that region for hundreds of years. This unique fruit is round with a flat bottom, purple-black skin, purple calyx, and weighs up to 1/2 lb. Served at top restaurants in Japan, its dense flesh has a rich flavor.

#353 KONASU (60 days)

This tiny, bite-sized, rounded eggplant has shiny dark purple skin that looks almost onyx in color. The calyx is also a purplish-black, and beneath the tender skin is white flesh. These appealing little eggplants are perfect for pickling when harvested young. Mature fruit can be cooked as you would other eggplant varieties, and they are especially delicious in stir-fries, *tempura* or as part of a kabob.

#027 KURUME LONG (60 days)

This popular, open pollinated, Japanese variety has excellent quality. Shiny, black fruits have a purple calyx and mature 9-10" long with a mild, delicate flavor. Very vigorous and good for open field growing and home gardens. Relatively late maturing plant has an upright growth habit.

#198 KYOTO EGG, HYBRID (65 days)

This small Japanese eggplant is a generous producer of unique round fruit that grow to 3" in diameter. It has glossy purple-black skin,

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a purple calyx, and tender flesh. The plant is upright and grows well in warm climates.

#243 MILLIONAIRE, HYBRID (65 days)

One of the most popular Japanese eggplant hybrids sold in markets. This variety is an extra early, productive, and upright grower. The brilliant black-purple fruit is long, growing to over 8" in length. The skin is particularly soft, and the interior flesh is nearly seedless. Good for greenhouse, open field and home garden growing.

#348 MIZUNO TAKUMI, HYBRID (80 days)

This shiny, purplish-black oval-shaped eggplant grows to a plump ½ pound. Known for its watery flesh and tender skin, it is most often enjoyed cooked or pickled. The plants are heavy producers in open field or greenhouse alike. Recently, gourmet cooking shows have made this juicy variety popular in restaurants and bars throughout Japan, where the eggplants are lightly pickled and eaten as a summer side dish or as a snack with beer.

#130 MONEY MAKER #2, HYBRID (50 to 60 days)

Money Maker is one of the most popular eggplant varieties in Japan. The semi-upright plant produces many glossy, black, oval shaped fruit with purple calyces. Fruit are very tender and grow up to 5" long and weigh 3-4 ounces. The plant is very productive, has early fruit set and has high heat tolerance. Good for greenhouse, open field, and home garden growing.

#031 SHOYA LONG, HYBRID

(60 days)

An early maturing hybrid with high yields and an upright plant habit. Fruit has deep purple skin and calyx, matures to 14-16" long, and weighs about 1/2 lb. Good for both greenhouse (spring harvest) and open field growing (summer harvest). Excellent quality fruit.

Thai Type

#470 PETCH SIAM (40 to 50 days)

This well-known and productive *matti gulla* variety is easy to grow. Matti is an Indian village famous for this type of eggplant. The small (2" in diameter), round, green eggplants have a dark green stripe and are very popular in cuisines of India, Thailand, and Vietnam. Small eggplants are pickled or cooked. Delicious in curries and stews.

#471 ROUND PURPLE (50 to 55 days)

This vigorous, prolific variety can adapt to many different growing conditions. The round fruit is bright shiny purple, and grows up to 2" in diameter, weighing up to 3 ounces. It is popular in cuisines of India, Thailand, and Vietnam. Small eggplants are pickled or cooked. Delicious in curries and stews.

#472 THAI ROUND (55 to 60 days)

This disease resistant *matti gulla* variety adapts well to many growing conditions. Matti is an Indian village famous for this type of eggplant. The very productive plant produces small round green-skinned fruits with white stripes that grow to 2 inches in diameter and up to 2 ounces. It is very popular in cuisines of India, Thailand, and Vietnam. Pickle or cook small eggplants. Delicious in curries and stews.

EDIBLE FLOWERS

(*mistsubachi yuuzinai, shokuyoubana*)



From small-scale growers who are looking to get the greatest variety out of their garden to commercial growers focused on pollinating crops more efficiently,

flowers are a welcome addition from the garden to the field. Edible flowers offer a dual benefit of attracting pollinators as well as adding flavor and visual contrast to cooking. Nasturtiums are popular additions to salads with their bright colors and slightly peppery flavor. Our seed mixtures are created with both the pollinator and the chef in mind to offer diverse combinations of textures and flavors.

#591 DWARF JEWEL MIX

Tropaeolum majus (55 to 65 days)

Dwarf Jewel Mix variety are used as microgreens. Leaves are green with light green veining and slightly scalloped edging. Flower mixture of singles and doubles and shades of red, pink, yellow, and orange. Mature plants are compact with round green leaves.

#590 EMPRESS OF INDIA

Tropaeolum minus (55 to 65 days)

Also known as Indian Cress, Garden Nasturtium, Empress of India is beautiful as microgreens, leaves are blue green edged with maroon color with pink stems. Empress of India at full maturity has dark blue green leaves and crimson flowers. Plant are compact, about a foot tall.

#398 EDIBLE FLOWER MIX

(50 days)

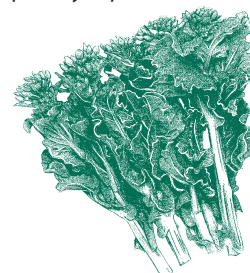
Fragrant, colorful and flavorful addition to the garden, the Edible Flower Mixture includes: Borage, with a cucumber-like flavor; Cilantro, with its tangy, fresh flavor and aroma; Nasturium, whose bright yellow, orange and red blooms have a spicy, pepper-like flavor; Calendula, which has a yellow-orange flower and a mild, peppery flavor; Cornflower, with its bright blue flower and mild taste; Dianthus 'Wee Willie,' a tiny pink flower with a clove-like flavor; onion-flavored Chives; Lemon Mint, which has a strong mint flavor; Pansy and Johnny Jump-Up, both with brightly colored flowers with a mild, slightly sweet flavor; licorice-flavored Lavender Hyssop; and English Daisy, also a lovely flower with a sweet, mild flavor.

#380 HONEY BEE MIX (50 to 85 days)

This mixture is a custom blend of nectar- and pollen-producing flowers that attract honey bees. Comprised of edible herbs, it includes borage, chives, sage, basil, lemon mint, catnip, sweet marjoram, oregano, and creeping thyme.

FLOWERING BRASSICA

(*nanohana, nabana, beninabana, kosaitai, saishin, cai xin, cai tai, yu choy sum, tsoi sum, pakauyai, pakaukeo, cai ngot*)



Grown for their tender flowering shoots, this large family of vegetables is quite popular in China. Brassicas tend to be most flavorful if harvested just

before the flowers open; they are sweet enough to use lightly dressed in a fresh salad. In China, they are more typically steamed, boiled or stir-fried. They are a flavorful and colorful complement to meat, fish or chicken dishes, however, the shoots can quickly become overcooked. Japanese cooks like to pickle flowering brassica. In the West, this vegetable makes a tasty addition to cream-based pastas. Many plants in this family are quite beautiful in the garden, some favoring cooler seasons and some preferring heat.

Broccoli Raab-Rapini

Brassica rapa var. ruvo

(*nanohana*)

#172 EARLY FALL (40 to 50 days)

Broccoli raab or rapini is grown for the florets or flower bud shoots that combine the flavors

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of mustard greens and broccoli and have a slightly bitter taste. This variety prefers a cooler, short day season. Excellent choice for early fall planting and winter harvest. Sow seeds in late summer/early fall. This is an Italian specialty vegetable. Use in salad, steam, or sauté in olive oil. Add the greens to pasta or potato dishes. High in vitamins A and C. Japanese cuisine prepares *ohitashi* broccoli raab.

 **#173 SPRING** (45 days)

Broccoli raab is also commonly known as rapini, an Italian specialty vegetable, is grown for the florets or flower bud shoots. The florets have both mustard green and broccoli flavors with a hint of bitterness. Plants grow up to 30" tall. Harvest at any stage depending on culinary use grown for microgreens to full maturity.

 **#456 SORRENTO** (40 to 50 days)

Broccoli raab is also commonly known as rapini. This variety is faster growing and an early maturing variety. The Sorrento is best planted in the late summer to harvest in early fall or in early spring to harvest in spring. It is very early to mature but will bolt in warmer weather. The plants are uniform and produce many medium to large florets. The leaves are blue-green and have a turnip-type or arrow shape. This is an Italian specialty vegetable with a slightly bitter taste that is also used in Asian cuisine. Japanese cuisine prepares *ohitashi* broccoli raab. Use for salad, steam, or sauté in olive oil. Add the greens to pasta or potato dishes. High in vitamins A and C.

Flowering Chinese Cabbage

Brassica rapa var. utilis
(*nabana*)

#165 AUTUMN TORCH, HYBRID
(55 days)

This hybrid Chinese cabbage is grown for its edible young stalks and flower buds, which have a delicate Chinese cabbage flavor. It is also called Autumn Torch variety. Sow seeds in late summer to early fall. The stalks and flower buds are ideal for pickling and are excellent stir-fried. This variety is also popular for cut flowers.

Flowering Pak Choi Type

Brassica rapa var. parachinensis
(*beninabana, kosaitai, saishin, cai xin, hong cai tai, yu choy sum, tsoi sum*)

 **#494 EARLY GREEN** (30 to 40 days)

Flowering Brassica is a fast growing green that can be harvested as *Yu Choy* (stem and leaf) or *Yu Choy Sum*, (stem, leaf and flower

buds.) This high quality, early maturing variety is developed for growing baby *Yu Choy* or *Yu Choy Miao*. Its stems are short and thick with shiny green leaves and it is tolerant to Downy Mildew.

 **#496 JUNG GREEN** (40 to 45 days)

Flowering Brassica is a fast growing green that can be harvested as *Yu Choy* (stem and leaf) or *Yu Choy Sum*, (stem, leaf and flower buds.) This choice, medium maturing *Yu Choy Sum* variety produces dark green leaves and is tolerant to heat.

 **#156 KOSAITAI** (50 days)

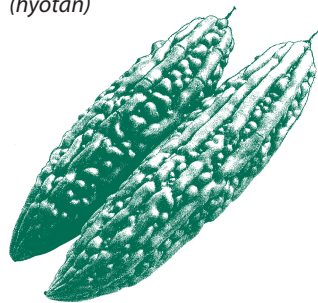
This flowering purple stem *choy sum*, also known as *kosaitai* or *hon tsai tai*, is a popular Chinese specialty vegetable. The leaf stalks and veins are purple while the leaves are dark green and the flowers are yellow. Low temperatures intensify the colors. Best grown as a fall/winter crop—the plants will bolt early when sown in spring to summer. *Kosaitai* can be cut young and will re-grow for additional harvests.

 **#495 LATE GREEN** (45 to 55 days)

Flowering Brassica is a fast growing green that can be harvested as *Yu Choy* (stem and leaf) or *Yu Choy Sum*, (stem, leaf and flower buds.) This excellent, late maturing *Yu Choy Sum* variety produces dark green leaves, is slow bolting, and tolerant to Downy Mildew. This variety has some tolerance to cold. Summer and fall plantings may produce thicker stems.

GOURD

(*hyotan*)



Gourds have as many uses as they do shapes, colors and textures. Bitter Gourd is also known as bittermelon,

karella, and balsam pear. Bitter melons are particularly good stuffed with meat, seafood or beans, as are hairy melons, especially when stuffed with pork and baked. Bottle and Calabash Gourds are excellent in meat soups or stir-fries. Young Luffas can be prepared just like zucchini. And while used in a variety of Chinese dishes, the Winter Melon is the key ingredient for the famous winter melon soup, popular at Chinese banquets. The soup is cooked in the melon itself, and chunks of melon flesh are scooped out and served with the soup. Gourds used for eating and cooking should be harvested young, as they tend to grow bitter

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the longer they are left on the vine. Sow seeds in late spring to early summer. For best results, use a germination pad.

Bitter Gourd

Momordica charantia
(*niga uri, reishi, ku gua, fu kwa, ampalaya, mara, muop dang, karella*)

#063 BITTER GOURD LONG

(60 to 70 days)
This Japanese variety bitter gourd has green heavily warted skin and best flavor when harvested young at 10-13". The fruits are crisp and tender. The climbing vine can reach 12' and has yellow flowers. Bitter gourd prefers a warm climate and some humidity. Bitter gourd is also called bitter melon, karalla and balsam pear.

#623 DARK JADE, HYBRID

(55 to 60 days)
This India type bitter gourd hybrid is high yielding. Fruit are dark green, over 2" diameter and about 8-10" long weighing about half pound each.

#168 FUTO-SPINDLE (60 to 70 days)
This Japanese variety is an easy and vigorous grower. The large climbing vine produces yellow flowers and 6-8" dark green fruits with heavily warted skin. The vine can grow 12' long and has a high tolerance for heat. Young leafy shoots can also be harvested. Widely grown in Japan and other tropical Asian countries.

#365 GREEN BITTER GOURD, HYBRID (56 to 63 days)
This bitter gourd produces a generous crop of large, heavy and uniform fruits with distinctive vertically scored, shiny and warty green skin. Among the most bitter of vegetables, the flesh of the bitter gourd is crunchy and juicy, somewhat like a cucumber in texture. Use in soup, stir-fries and stuffed. Young leaf shoots are edible. Recommended as a healthy food by the American Diabetic Association.

#155 GREEN SKIN (70 days)
This is an excellent, open pollinated, Chinese bitter gourd that produces fruit 8-10" long and 3" in diameter. It has green skin with large smooth warts. The leaves and leafy shoots are also edible. Bitter gourd is also called bitter melon, *karala*, and balsam pear.

#318 INDIA, HYBRID (40 to 55 days)
Bitter gourd is also known as bitter melon, *karella*, and balsam pear. The dark green skin of this hybrid's 6-8" fruits are heavily warted. The spindle-shaped melons taper at both ends, and overall they are narrower than a Chinese bitter melon. Growers prefer this

variety for its early maturity and long-lasting, generous yield.

#476 MARA (50 to 55 days)

Vigorous and disease tolerant, this open pollinated variety produces large, cylindrical, glossy green fruit that grow to 3" in diameter, 11" long, and weigh about a pound. Popular in Chinese cuisine.

#225 MINI, HYBRID (50 to 60 days)

Bitter Gourd is also known as bitter melon, *karala*, and balsam pear. This small bitter melon is common in Thailand and India. It is an early producer and is notable for its disease resistance. The skin of these uniform 3-4" fruits is dark green and covered with pointy warts. It does best in a warm climate with some humidity.

#475 TAI GUO, HYBRID (55 to 60 days)

This vigorous, prolific, early maturing hybrid produces large, glossy light green fruit that grow to 11" in length and weigh 1 to 1.3 lbs. It has a delicious bitter flavor that is popular in Chinese cuisine.

#698 WHITE, HYBRID

This white color bitter gourd is a prolific India-type bitter gourd hybrid. Fruit size is about 11-12 inches long weighing over a half pound.

Bottle Gourd

Lagenaria siceraria

(*yugao, hyotan, hu gua, opo, upo, buap khaus, bau, lauki*)

#199 CALABASH LONG (100 days)

This calabash gourd variety produces a long bat-shaped gourd that is most tender when picked 14-24" long. The light green skinned fruits have white flesh and are sweet and entirely edible when harvested at this immature stage. The gourd can be left to fully mature and the skin will harden. The vine is very vigorous and has white flowers.

#064 CALABASH ROUND (100 days)

This round-shaped gourd has many uses. The immature fruit can be steamed; it must be picked before the skin hardens. Mature fruit is used mainly for *kampyo* by drying the gourd flesh into strips for sushi. *Kampyo* needs to be soaked, salted, rinsed and boiled to soften it for use.

#288 GIANT

Lagenaria leucantha var gourda

(110 days)

After the mature fruit has dried and the seeds are removed, this bottle gourd can be used as a container or for decorative purposes. It grows to about 2 ft in length. The plant requires a long, warm growing season. For ornamental use only.

#289 MINIATURE

Lagenaria leucantha var gourda

(95 days)

This miniature bottle shaped fruit grows 12" in length, and is used as a container or as decoration after fruit has dried and the seeds have been removed. The plant requires a long and warm growing season.

#462 NAM TAO KLOM, HYBRID

Lagenaria sceraria (60 to 65 days)

This edible, high yielding gourd is also known as White-flowered gourd, and *upo* or *opo*. It is a vigorous climbing hybrid producing round-shaped fruit with light green skin and flesh. Fruit size is approximately 4" x 5" and can weigh up to 1 lb. Prepare bottle gourd as you would squash. Young gourds are delicious sautéed, stewed and stir-fried.

#649 NAM TAO NGAM, HYBRID

(45 to 50 days)

This is a long-type hybrid bottle gourd and referred to as calabash gourd or Indian Long type gourd. Gourds are cylindrical shape, 18-20" long, green color. Vigorous vines and many branches making this a high yielding bottle gourd.

#463 NAM TAO YAI, HYBRID

Lagenaria sceraria (70 to 75 days)

This high yielding variety is also known as White-flowered gourd, and *upo* or *opo* and has vigorous, multi-branched vines. Easy to grow, this plant is virtually disease-free and insect resistant. The dark mottled green fruit grows to a size of 4" x 12" and weighs up to 4 lbs. Prepare bottle gourd as you would squash. Use in sautés, stews and stir-fries. Delicious when sautéed with shrimp or meat.

#461 NAM TAO YAO

Lagenaria sceraria (65 to 70 days)

Also known as White-flowered gourd, and *upo* or *opo*, this edible variety is vigorous, disease-tolerant, and high-yielding. Fruit has light green skin, sweet, grows to 12" long and weighs approximately 2.5 pounds. Pick when fruit is immature. Left to mature, the fruit forms a hard wooden shell that can be used to make a drinking gourd. Bottle gourd is popular in Asian cuisine. Sauté young tender gourds with shrimp, or add to soups and stir-fries.

Jointed Gourd-Hairy Melon

Benincasa hispida var. chieh-qua

(*heari meron, mao gua, kondoi, fak kio, bi dao*)

#667 FONG SHOW, HYBRID (55 to 65 days)

This fuzzy gourd, *mao gua* or *mokwa*, is an early to medium maturing hybrid. The fruit is dark

green growing to 8-10" long and 2-3" wide. Vigorous and productive variety.

#506 NEW JANG SIN, HYBRID

(80 days)

This jointed gourd, hairy melon, or *mokwa* variety is an early to medium maturity. Fruits are short, cylindrical shaped and average 6" long and 2-3" diameter. The fruit skin is hairy and green color. The flesh is white, firm, and mild flavor. The plants are vigorous and high yielding.

Luffa Angled & Smooth

Luffa acutangula & Luffa aegyptiaca

(*hechima, ito uri, cee gwa, patola, muop khia, ghiya tori, kali tori, nerua*)

#464 BONANZA (80 to 90 days)

Also known as Chinese okra, angled luffa, or ridge gourd, this vigorous productive plant produces a high yield of fruit on strong, lateral branches. Fruit are 18" long, 2" in diameter and weigh just under a pound. The green-colored, ridged fruit is tender and tasty and matures 45 days after the flower sets. Chinese okra is prepared like squash or okra. Use young tender gourds in sautés, stews and stir-fries.

#593 BUAB KHOM, HYBRID

(55 to 60 days)

This is a hybrid ridge gourd with excellent fruit quality and high yielding. The fruit are light green color and medium size ranging from 12-14" weighing about ½ lb. Vines are vigorous and have lots of branching. Resistant to Downy mildew.

#465 BUAB LIAM, HYBRID (80 to 90 days)

Also called Chinese okra, angled luffa, or ridge gourd, this highly productive and vigorous hybrid has fruit that matures 40 days after the flower sets. The green, fruit is tender and flavorful and grows up to 16" in length, 2" diameter, and weighs 1/2 pound. Fruit left on the vine to mature until the skin hardens can be harvested for luffa sponges. Prepare like squash or okra. Sauté, stew or stir-fry young tender gourds.

#595 BUAB MOOM, HYBRID

(80-90 days)

This hybrid ridge gourd is highly productive and vigorous. The fruit are green color, growing up to 17-19" in length, 2" diameter. Gourds weigh approximately ½ lb.

#177 CHINESE OKRA (90 days)

Angled luffa is also called Chinese okra or ridged gourd. This excellent open pollinated variety is cultivated for the tenderness and sweet flavor of its fruit. The vigorous plant has

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a heavy fruit set of ridged, dark green, club-shaped fruits that are about 18" long and 2" in diameter.

#467 DOK, HYBRID (80 to 90 days)

Also known as smooth luffa, this early maturing, vigorous hybrid is high yielding, has lateral branches and is disease tolerant. Green fruit grows to 1.25" x 11" and can weigh 1/2 pound. Prepare young tender gourds as you would squash. Especially delicious stir-fried with chicken.

#466 EXTRA LONG (80 to 90 days)

This prolific, vigorous variety produces extra long smooth gourds, up to 15 per plant. The fruit has a green skin and excellent flavor. Fruit weighs up to 1 pound and is 1.5" x 33". Fruit left to mature on the vine can be used for luffa sponges. Prepare like squash or okra. Sauté, stew or stir-fry young tender gourds.

#149 LUFFA, SHORT (80 days)

This smooth skin sponge gourd has dark green and slightly ribbed fruit. It is grown for food or sponges. The young fruit are cooked or used in salad. The buds, shoots and young leaves are also edible. The immature flesh is especially good stir-fried with chicken, bamboo shoots or cashews. Mature fruit is dried for its fiber.

#622 BUAB LAEM, HYBRID

(80 to 90 days)

This hybrid ridge gourd is highly productive and vigorous. The fruit are green color, growing up to 18-20" in length. Gourds weigh 3/4 lb. Resistance to Downy mildew.

Snake Gourd

Trichosanthes cucumerina

var. anguina

(chichinga, padwal, serpent gourd)

#473 BUAG NGU (55 to 60 days)

This early ripening prolific variety is pest resistant and produces over a long season. The dark green and white striped fruit are 1" in diameter and grow up to 12" long. Popular in Indian, South Asian, and Southeast Asian cuisines. Use in curries. The shoots, tendrils and leaves can also be eaten as greens.

#594 SNAKE GOURD, HYBRID

(60 to 70 days)

This hybrid snake gourd produce lots of fruit. The fruit are dark green color with white stripes, growing up to 17-19" in length. Gourds weigh approximately 1/3 lb.

Tinda Gourd

Lagenaria siceraria

(apple gourd)

#321 TINDA (60 days)

The unique Tinda squash melon gourd is

indigenous to India. The round, light green fruit weigh only 3 to 4 ounces at harvest. The hairy 4' long vines flower within 30 to 35 days, and the smooth fruit is ready to pick 2 to 3 weeks later.

Wax Gourd

Benincasa hispida

(togan, don kwa, kondol, phat, bi be, petha)

#469 LAI JUD, HYBRID (60 to 65 days)

This hybrid matures early and has medium length vines. Cylindrical fruit has mottled green skin, grows to 4" x 9" and weighs up to 2 pounds. Flesh is tender and thick. Delicious in soups and stews. Cut gourd open, scrape out seeds and cut into cubes to cook.

#170 OBLONG (90 days)

Grown for its thick, white melon flesh; the wax gourd can reach 20 pounds and 12" length. The light green skin is covered with very fine hair and will form a white powder when ripe. The vine of this cold tolerant variety will spread. The waxy layer that forms over the ripe fruit protects the melon and allows for long storage periods.

#089 ROUND (90 days)

This large melon is grown for its thick, white, sweet flesh. When ripe, the rind is covered with a waxy white coating that protects the fruit for long periods in storage. Weighs 14-22 lbs.

#468 SMALL ROUND (75 to 85 days)

Also known as winter melon or white gourd, this vigorous, prolific plant produces up to 16 fruits per plant. Green skinned fruit are fragrant and flavorful with a firm flesh growing to a size of 4"x 7" and weighing up to 1.5 pounds. Delicious in soups and stews. Cut gourd open, scrape out seeds and cut into cubes to cook.

JAPANESE MUGWORT

Artemisia princeps

(yomogi, kui hao, ai, ssuk)



This flavorful herb is traditionally prepared in Japan by lightly boiling the leaves and pounding them with sweet mochi rice into dumplings. Chefs in Taiwan stir-fry the leaves or add

them to soups.

#233 YOMOGI (45 days)

Also known as Japanese mugwort or *kui hao*, this flavorful herb has green, fuzzy, finely cut leaves. The hardy plant thrives in most

climates and is traditionally used in eastern medicine.

JICAMA

Pachyrhizus erosus

(kuzu imo, ti kua, sha ge, singcamas, cu san)



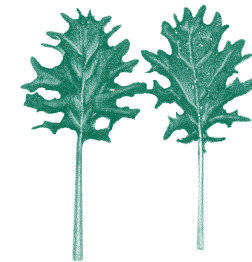
Although, it originated in North America, Jicama is probably most popular in China. Crunchy and mild, it is a perfect substitute for water chestnuts

or bamboo shoots in salads or stir-fries. This tuber makes a crisp and delicious low calorie peel-and-eat snack. Jicama thrives in hot climates. It needs a long, hot growing season. Sow seeds late spring/early fall.

#222 TRUE JICAMA (150 days)

Also known as 'yam bean', this tuber has crisp, sweet white flesh, and light brown skin. With a long, hot season it can grow 4-6" diameter and 4-5 lbs in weight. More temperate climates will produce smaller roots. Tubers develop after flowering and store well. Ripe pods and leaves are poisonous.

KALE



Kale is an easy to grow vegetable in the cabbage family. Fresh kale salad is nutritious because it is packed with vitamins and minerals. Red kale is especially attractive

and full of anthocyanin pigments. Sow seeds in spring or fall.



#582 ETHIOPIAN

Brassica carinata (50 to 60 days)

This leafy green originated in East Africa, Ethiopia. It is also known as Ethiopian kale, Ethiopian mustard, Abyssinian mustard, African kale, and Highland kale. The leaves are mild flavor compared to kale and mustard.



#517 LACINATO

Brassica oleracea var. acephala

(50 to 60 days)

Lacinato kale variety is also known as Dinosaur kale, Tuscan or Tuscan Black kale, Tuscan cabbage and Italian kale. The leaves are long, slender, dark green, savoyed, and have a bumpy surface. Plants grow up to 24" tall. Good variety for baby leaf and bunching.

CHECK WEBSITE FOR SEED AVAILABILITY

#586 PORTUGUESE

Brassica oleracea (75 to 85 days)

Portuguese kale is known as a couve trochuda, Portuguese cabbage, and Sea kale. The green leaves are wide and large with thick midribs and stems growing up to 2 feet. This leaf green is traditionally used in Portuguese sopas or sopash which is a stew with meat, vegetables, and spices. Use leaves as you would collards and mustards. Excellent juiced.

#587 PREMIER

Brassica oleracea (50 to 60 days)

Premier kale leaves are medium green, smooth with scalloped edges. The midribs and stems are white and tender. Popular among market growers for bunching, baby leaf and microgreens.

#534 RED KALE

Brassica napus (50 to 60 days)

The leaves of Red Kale are purple color, flat with cut margins. Mature plants are 18-30" tall. Baby leaves and microgreens are tender, durable and have nice flavor. Most vegetables leaves or sprouts having red or purple color is called "anthocyan" which is generally developed by lower temperature. Growing temperatures 50-60°F should be adequate to develop "anthocyan" after the seeds have germinated. We cannot tell exactly how long exposure should be under low temperatures. The grower should trial different methods and observe how the microgreen reacts.

#516 RED RUSSIAN

Brassica napus (50 to 60 days)

The leaves of Red Russian kale are gray-green color with purple veins, flat with cut margins. Mature plants are 18-30" tall. Baby leaves and microgreens are tender, durable and have nice flavor.

#553 SCARLET

Brassica oleracea var. acephala
(50 days)

Kale leaves are green with a purple-tinge to full purple color with pink to purple stem color. Leaves are frilly and broad. Excellent for bunching and baby leaf production. Mature plants are 18-30" tall. Most vegetables having red or purple color is called "anthocyan" which is generally developed by lower temperature. Growing temperatures 50-60°F should be adequate to develop "anthocyan" after the seeds have germinated. We cannot tell exactly how long exposure should be under low temperatures. The grower should trial different methods and observe how the plant reacts.

#518 DWARF SIBERIAN IMPROVED

Brassica napus (40 to 50 days)

Siberian kale leaves are blue-green color with frill-curved leaf edging. Plants are about 24" tall. Good variety for baby leaf and bunching.

KOHLRABI

Brassica oleracea var. gongylodes



This unique looking vegetable is part of the cabbage (cole) family. The edible stem swells into a globe shaped 'bulb' where the leaves attach. Often eaten raw, it has a sweet and mild flavor similar to broccoli

stems. Its thick skin helps with long storage but needs to be peeled off to reveal its crisp and tender texture. Can be used in slaws, salads and with dips. Also delicious roasted, sautéed, and steamed. It is high in vitamins and low in carbohydrates. Sow seeds in early spring or mid/late summer.

#460 PURPLE VIENNA (55 to 69 days)

This standard home garden and market variety is open pollinated. The thickened stems have a uniformly deep purple skin and a crisp green-white flesh. For best flavor and texture, harvest when stem is 2.5" in diameter. Stems become fibrous with age. Also popular as microgreens because of its purple stem color. Kohlrabi is a great substitute for turnips. Use in stews, soups, stir-fries, or eat fresh. Use microgreens as garnish or in salad.

#459 WINNER, HYBRID

(45 to 55 days)

This medium-early maturing white kohlrabi hybrid is a winner. Large plants grow upright to a medium height. The uniform, semi-globe shaped thickened stem grows to 4" or more with a green skin. Leaves are dark green. Pick when tender as stems become fibrous with age. Kohlrabi is a great substitute for turnip. Use in stews, soups, stir-fries, or eat fresh.

KOMATSUNA

Brassica rapa var. perviridis
(komatsuna, bor tsai)



An unlikely relative of the turnip family, this large leafy green is grown almost exclusively in Japan,

Taiwan and Korea. Also called spinach mustard, Komatsuna has dark green leaves that are rich in calcium and often quite glossy. They can be harvested at any stage and prepared like spinach in the early stages; they are more like cabbage as they mature. The flavor grows stronger and hotter as the leaves mature. This versatile green can be stir-fried, pickled, boiled and added to soups or used fresh in salads. Sow seeds in spring or fall.

#372 GREEN BOY, HYBRID

(30 to 50 days)

This popular traditional Japanese green has tender deep green leaves, sturdy petioles and a mild flavor that tastes like a combination of spinach and Asian mustard. This variety is preferred by Japan growers because of its cold tolerance and can be grown year round in mild areas. In colder areas, the days to maturity lengthen as the weather cools. Good for greenhouse production in winter. Use in soup, salad, pickling, stir-fry, *ohitashi*, *sukiyaki*, and *yosenabe*. Rich in calcium.

#055 KOMATSUNA

(30 to 50 days)

Komatsuna is popular traditional, *dento yasai*, Japanese green leafy vegetable. It has tender, deep green leaves, and a mild, flavor that resembles spinach. A quick growing, upright type, it can be harvested all seasons with succession planting due to heat and cold tolerance. Delicious eaten at any stage.

#317 RED KOMATSUNA, HYBRID (20 to 38 days)

This spinach mustard hybrid is an excellent choice for baby leaf greens. It can also be used for micro-greens. The leaf coloring is distinct—purplish-red on the top and green with red veins underneath. The tender leaves are round and relatively flat, growing uniformly from bright green upright stems. This variety tolerates heat and will retain its deep color.

CHECK WEBSITE FOR SEED AVAILABILITY

#129 SUMMER FEST, HYBRID

(21 days)

This popular traditional Japanese *komatsuna* hybrid has glossy, thick dark green leaves and an upright growing habit. Summer Fest is an extra early *komatsuna* that is resistant to heat. It is especially suited for summer crop and high tolerance to multiple diseases. Tolerant to Downy Mildew and White Rust. Highly recommended for summer production.

#527 SENPOSAI, HYBRID

(30 to 40 days)

Senposai is hybrid of cabbage and *komatsuna* and a fast growing vegetable. This unique vegetable has sweet taste of cabbage and tenderness of *komatsuna*. Senposai is heat tolerant and grows well all year round.

LETTUCE

Lactuca sativa

(*stemuretasu, woo chu, woo sun, chisa, retasu*)



The following varieties of lettuce range from the heading types popular in Japan to stem lettuce and a *choy*, which originated

in China. The head lettuces are delightful in salads – crisp with delicate flavors that need very little dressing. Stem lettuce looks something like a combination between celery and lettuce. The stems are cut into small pieces for salads or into larger pieces for stir-fries and soups. The younger leaves are good in salads, as well. More mature leaves tend to become bitter. Taiwan lettuce is referred to as a *choy* and is a very popular green in Taiwan. Leaves are harvested at an early stage when tender and crispy.

#639 BUTTERCRUNCH

(50 to 75 days)

Buttercrunch is a Bibb type variety with larger more compact yellow-white hearts. Rosette heads average 4.5" in diameter with dark-green reddish-tinged thick blistered leaves. Leaves have a nice buttery texture. More heat tolerant and bolt resistant than many Butterhead varieties.

#068 CELTUCE (75 to 85 days)

Chinese stem lettuce originated in southern China. Stem lettuce is grown mainly for the tasty stalk with celery-like flavor. Leaves are oval shaped like romaine lettuce and green color and also delicious. Stems are thick, tender and crisp with white flesh. This is an

early maturing variety and has tolerance to heat and cold.

#696 CIMMARON (60 to 70 days)

Cimmaron is a deep red romaine with superb flavor and crisp tender texture. Expect to have tall cylindrical plants that form 10-12 inch conical heads with deep-red color. Excellent bolt resistance. A popular baby leaf variety that is ready to be harvested in 30 to 35 days. Relative maturity is 60 to 70 days.

#669 GREEN ROMAINE

(50 to 80 days)

Parris Island Cos grow upright plants 8-12 inch tall with loose folded heads. Leaves are green and slightly savoy with a creamy white heart. Good uniformity with tolerance to Tip burn, Mosaic and bolting. Named after Parris Island off South Carolina.

#643 LITTLE GEM (45 to 70 days)

Little Gem is exactly that. This gem is a small romaine head under 6" tall. Known for its excellent flavor and small head is served whole as a salad. Medium bright green outer leaves turning to light green/yellow centers. This variety has some heat tolerance.

#342 NEW RED FIRE (50 to 55 days)

This prizehead leafy lettuce is a non-heading type with exceptionally large leaves. Commercial growers like it for its uniformity, color and excellent resistance to bolting and disease. The market-quality, large, loose heads are green at the base and dark red at the ruffled leaf edges. This variety has strong heat and moderate cold tolerance. It is suitable both for cool and warm conditions and retains its crisp fresh flavor through the growing season.

#406 NEW YU MAI (50 to 60 days)

This special Taiwan lettuce variety has long, bright green sword-shaped leaves that have a delicious, mildly bitter flavor. Both commercial growers and home gardeners will find this an easy to grow, disease resistant and productive plant. In cool areas sow seeds in spring/early summer. In temperate areas, sow in spring and fall. In tropical areas, sow all year round. Use in salad, soup and stir-fries.

#157 OKAYAMA SALAD (55 days)

This early maturing butterhead lettuce is a Japanese variety known for its delicate flavor and resistance to heat. Deep green leaves form small heads. It has moderate cold tolerance and moderate resistance to bolting. It can be grown all year round in the tropics.

#256 POINTED LEAF (85 days)

Sword Leaf lettuce is also known as Pointed Leaf lettuce and Oriental lettuce. In Taiwan it is referred to as "a *choy*" and is very popular as a vegetable green. The lettuce has long

pointed bright green leaves. Harvest at an early stage when approximately 10" tall and stems are young and crispy. An excellent choice for home gardeners.

#642 RED OAKLEAF (28 to 50 days)

Red Oakleaf has oak leaf shaped leaves that are medium green with red and green veining under-side. The red surface blush turns a deep burgundy as they mature. Full sun brings out the deep-red color. This variety has some heat resistance. Good regrowth for multiple cuttings.

#645 RED ROMAINE (56 to 60 days)

Red Romaine are 8-9" tall cylindrical heads with tender purple-green leaf ends melting to medium green lower leaves. Centers are creamy yellow-bronze color. Very bolt resistant and heat tolerant. Excellent for the baby leaf market.

#693 RED SAILS (45 to 65 days)

Red Sails is a leaf lettuce with bronze leaves and light centers, sometimes pinkish in color. Gently ruffled bitter free leaves. Tested for very high vitamin content. Does well in cool weather and good for late spring planting.

#644 RED TANGO (35 days for baby

leaf, 45-55 days full maturity)

Red Tango leaves are red, frilly, serrated and curled. Heads are tight and erect. Excellent lettuce for baby leaf and salad mix because the curled leaves add volume and texture.

#641 ROYAL GREEN OAKLEAF

(28 to 50 days)

Royal Oakleaf plant habit is upright, long-standing with good heat resistance. Rosettes are tight with medium-dark green deeply lobed oak leaf shaped leaves. It is an improved variety from Green Oakleaf variety.

#691 RUBY (45 to 60 days)

Ruby is a leaf type lettuce that has deep red leaf color with savoy leaves. Centers are bright light green. Good bolt and heat resistance; white seed.

#692 SELWAY (45 to 70 days)

Selway is a tightly frilled, very deep red leaf, Lolla Rosa type lettuce. Rosette is tight with beautiful lime green to yellow center. Holds well at maturity. Heat tolerant and very slow bolting.

#554 SUMMER 38 (75 to 85 days)

This variety of Chinese stem lettuce has pointed, light green leaves. Good tolerance to heat and cold and is slow bolting. This celtuce can tolerate 100°F for a few days and slow bolting. This variety has nice stem development during warm season.

CHECK WEBSITE FOR SEED AVAILABILITY

#668 SUPER RED ROMAINE

(50 to 55 days)

Super Red is a red romaine type lettuce. Plants grow about a foot tall with leaves that are spoon shaped.

#640 TOM THUMB

(53 to 68 days)

Tom Thumb is a butterhead lettuce that is very small and compact. An excellent choice for serving whole as a garnished salad. Outer leaves are medium green and slightly wavy. Centers are creamy yellow.

MALABAR SPINACH

(tsuru murasaki, luo kui, zu luo kui, alugbati, paag prung, mong toi)



A tropical plant, Malabar Spinach thrives in the heat. Also called Basella, this vine grows up to 14' tall, so you'll want to train it to a stake or trellis. Ideal for soups, salads and stir-fries alike, Malabar Spinach

can be prepared as spinach is cooked. Do be careful not to overcook it, as it becomes slimy. Exceptionally nutritious, these varieties are also quite striking additions to the garden. In China the leaves and roots are sometimes used medicinally for digestive problems. Sow seeds in late spring to early summer.

#653 BIG ROUND LEAF

Basella alba (50 days)

This is a green big leaf variety. Leaves are thick. Slow bolting and heat tolerant.

#573 GREEN VINES SUPREME

Basella alba (60 days)

Malabar spinach thrives in warm weather and is tolerant of heat and humidity. It is a perennial tropical plant. This variety has a green stem and dark green thick fleshy leaves. In cooler areas, it will not overwinter but will produce a good harvest as an annual. It is also called basella or alugbati in the Philippines.

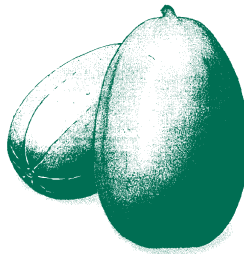
#223 RED STEM

Basella alba 'Rubra' (60 days)

Malabar spinach has many names—Phooi leaf, Red Vine spinach, Creeping spinach, Climbing spinach, Indian spinach, Vietnamese spinach, and Ceylon spinach. This lush vine grows best in tropical and subtropical climates and can reach up to 14' It has reddish-purple stems, glossy dark green leaves, and grows more rapidly than the green stem variety. The leaves are used like spinach. In cooler areas, it will not over-winter but will produce a good harvest as an annual. Also grown as an ornamental.

MELON

(makuwauri, meron)



There is more to the melon family than cantaloupe, honeydew and watermelon! Sweet-tasting and fragrant, Asian melons are treats for the taste buds, the nose and

the eyes. The colors of the juicy flesh range from a salmon-orange to a pale yellow or white. Sweet, but not too sweet, the melon is a refreshing accompaniment to chicken or fish; it is lovely cut up or balled into a fresh fruit salad. The "ice-box-sized" watermelon has always been Japan's specialty. Try Hime Kansen variety, we searched long and hard to get it. Sow seeds late spring to early summer.

#603 DAE JANG GEUM HYBRID

Cucumis melo var. makuwa

(40 to 50 days after fruit setting)

This is a traditional Korean melon variety that is crisp and remarkably sweet with a 17 brix. The skin is golden yellow with white suture. Shape is oval weighing over 1.5 lbs. Open field with vertical support growing is recommended. Good disease resistance.

#377 GINKAKU, HYBRID

Cucumis melo var. makuwa

(40 days after fruit setting)

This Korean melon is oval shaped and matures to a deep golden color with white stripes. Inside, the white flesh is quite thick, crisp, smooth, and remarkably sweet with a 15-16 brix degree in sugar content. They weigh about 1 1/2 lbs. An F1 Ginsen type cross, this hybrid is vigorous and highly productive with a strong resistance to disease.

#217 HAKUCHO, HYBRID

Cucumis melo

(65 days after flowering)

The flesh of this French Charantais melon from Japan is salmon-orange color. Aromatic, sweet and just over 1 pound, Hakucho is a superior melon. The oval shaped fruit has yellowish gray skin with no netting. Sugar content has 16% brix.

#250 HIME KANSEN, HYBRID

Citrullus vulgaris

(30 to 40 days after fruit setting)

This Japanese icebox watermelon is the perfect size to fit in a fridge and has been a specialty for long time in Japan. It has firm dark red flesh and green skin with dark green stripes. It has an extremely thin rind (3/16") and excellent shipping ability. It has a high

Brix count of 12.5-13 and weights 5-6 lbs. The fruit has a slightly oblong shape.

#252 ICHIBA KOUJI, HYBRID

Cucumis melo

(55 days after fruit setting)

This specialty variety dominates the netted melon market in Japan. The fruit is round, green skinned, with a fine net and matures to over 3 lbs. The thick, juicy, green flesh measures over 16°Brix. Its sugar content will continue to rise regardless of the weather. Easy-to-grow, widely adaptable, and resistant to mildews and vine split.

#211 NEW MELON

Cucumis melo (120 days)

An open pollinated round melon that is a Japanese specialty. Developed in the 1950s for its fragrance and sweet tasting fruit, it has smooth green skin and white to pale yellow flesh. Each plant produces roughly 4-8 melons.

MIBUNA

Brassica rapa var. Japonica

(mibuna, ren sheng cai)



This unusual Japanese green requires very little preparation. Plants grow to about one foot tall and produce tight

clusters of long, narrow, rounded dark green leaves. Enjoy its light mustard flavor in a salad or as a side dish green, lightly cooked and seasoned. The leaves are also excellent for pickling. Sow seeds in spring or fall.

#113 GREEN SPRAY, HYBRID

(30 days)

This Japanese hybrid mibuna variety produces a cluster of long, narrow, rounded dark green leaves. It will tolerate cool temperatures. Used for pickling, salad and steaming, this crisp Japanese green has a mild mustard flavor. Delicious lightly cooked and seasoned with soy sauce, sesame oil and a little vinegar.



#235 MIBUNA EARLY

(21 to 40 days)

This traditional (heirloom) Japanese green vegetable, *dento yasai*, is cultivated in Mibu, Kyoto prefecture. An early open pollinated variety, this vigorous grower produces a dense cluster of long, narrow, rounded, dark green leaves. The delicious leaves have a mild mustard flavor. Cut for baby leaves as early as 21 days. This variety is cold tolerant. It is very similar to mizuna green.

CHECK WEBSITE FOR SEED AVAILABILITY

MISOME

Brassica campestris Narinosa group
(komatsuna, tatsoi, tasai)



This is a new type of Japanese all-season green resulting from a cross between Komatsuna and Tatsoi. Both varieties below have been cultivated to

tolerate high temperatures. The dark glossy leaves are as nutritious as they look, and they are ideal for pickling, which is how they are typically prepared in China. Throughout Japan and China, the greens are also used in stir-fries and other dishes. Leaves intensify in flavor as they mature. Sow seeds in spring or fall.

#128 CHOHO, HYBRID (25 days)

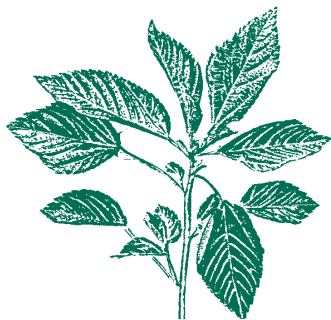
One of several hybrids of Komatsuna and Tatsoi, this uniform, easy to grow hardy green has round thick leaves and an upright habit. It has a sweet flavor when raw which becomes more robust when cooked. High heat tolerance. Downy Mildew and White Rust resistant. Grow all year round in moderate climates. Also excellent as baby leaf.

#114 MISOME, HYBRID (30 days)

This hybrid is a Japanese cross between Komatsuna and Tatsoi. This plant grows upright to 10" tall producing tender, thick, savoyed, deep green leaves that hold well in the field. Heat tolerant and resistant to Downy Mildew and White Rust. Can be grown throughout the year.

MOLOKHIA

Corchorus olitorius
(yasai)



This "food of kings" dates back to the time of the pharaohs, when an Egyptian king drank it in soup to recover from an illness. Today, it is widely eaten vegetable in Egypt, where it is often cooked with rabbit broth, garlic and coriander and served with baked rabbits and rice. Modern Egyptians also use Molokhia to make a soup prepared since ancient times with the same spices but with lamb, beef or duck. Molokhia is considered to be extremely

This "food of kings" dates back to the time of the pharaohs, when an Egyptian king drank it in soup to recover from an illness. Today, it is widely eaten vegetable in Egypt, where it is often cooked with rabbit broth, garlic and coriander and served with baked rabbits and rice. Modern Egyptians also use Molokhia to make a soup prepared since ancient times with the same spices but with lamb, beef or duck. Molokhia is considered to be extremely

nutritious. Sow seeds in late spring to early summer.

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#077 MOLOKHIA (60 days)

Molokhia is a "super-green" vegetable native to Egypt. It is very popular in Middle Eastern and Mediterranean regions as well as in Japan and Southeastern Asia. It has a high vitamin and mineral content and known as a nutritious and healthy vegetable. Grown for commercial fresh market and home garden.

MUSTARD

Brassica juncea

(takana, gai cai, mustasa, phakkat khieo, cai xanh, rai)



For a vegetable that is rarely called for in Western recipes, Asian mustards are diverse, prolific and interesting. In the Far East, the most common use for mustards

is pickling. They are also common in soups and stir-fries in both China and Japan, as well as salads, for the milder varieties. Some varieties are leafy like kale or spinach, while others form a head, more like a cabbage. Colors range from reddish purple to the more common green. You can harvest and use the entire plant for pickling or cooking, or let it go to seed and make your own mustard in the blender using the seeds, some vinegar, spices and water. Sow seeds in spring and fall.

Baby Leaf Salad Mustard

(salada takana)

#585 CENTRAL RED, HYBRID (40 to 55 days)

Central Red Mizuna has more deeply cut leaves than regular Mizuna, this attractive purple stem variety adds color and texture to baby leaf mixes.

#407 CRIMSON RED, HYBRID (45 days)

This new red mustard green from Japan is harvested young for salad, braising mixes, and for a gourmet garnish. The very dark red color, attractive leaf shape, and mildly spicy flavor add depth to these mixes. It retains intense leaf color even in the summer months. Harvest at any stage depending on culinary use from microgreen to full maturity.

#557 CRIMSON TIDE (45 days)

This mustard strongly resembles Ruby Streak. Its ornately fringed purple and green leaves deliver a peppery flavor that is milder than arugula and packed with nutrients. The thin green stalks are tasty as well, making this variety a perfect baby leaf salad green.

#338 GARNET GIANT (45 days)

The solid, rounded leaves of this baby leaf are deep purplish red color. Leaves produce their color early in the growing season and retain it through summer. With its mild but distinct flavor, Garnet Giant complements any collection of greens.

#337 GOLDEN FRILL (45 days)

Fuller than the airy Golden Streak variety, this baby mustard green has a slightly more substantial leaf while retaining a frilly, delicate appearance. The leaves and stems are a uniform light green color and its mild spicy flavor is delicious. An easy and vigorous variety that grows from spring through late fall. Harvest baby leaves for salads or garnish.

#336 GOLDEN STREAK (45 days)

This fast-growing baby green mustard has a bright spring-green color and a delicate, lacey habit that contrasts strikingly with dark green or red salad greens. Its mild spicy taste adds interest, as well. Use the Golden Streak to perk up a salad or sandwich or as a perfect little side garnish.

#479 GREEN WAVE (40 to 55 days)

Great for microgreens or salad mix, this dark green mustard has frilly edges and a spicy flavor. It grows 16 to 18" tall, is slow to bolt and stands 2 to 4 weeks longer than other varieties. Pungency mellows when cooked. This variety is an All American Selection winner.

#444 JEOK GAT (40 to 50 days)

This attractive mustard is popular in Korea and North China. It has vigorous deep purple-red leaves with ruffled edges and a green mid rib. The thick young leaves are tender and spicy with an excellent flavor. Harvest at any stage—microgreens, baby leaf or at full maturity. Good for mild climates.

#558 MIZ AMERICA, HYBRID (40 days)

Miz America is a hybrid with exceptionally uniform leaf color, shape and size. Miz America maintains deep dark red color on both sides of the leaf even at a mature stage. An upright plant habit makes for easy harvesting. Miz America has a pleasant, mild taste - not bitter or spicy.

CHECK WEBSITE FOR SEED AVAILABILITY

#054 MIZUNA EARLY

(40 to 50 days)

Mizuna is one of the *kyo yasai*, traditional vegetables, in Kyoto, Japan. This early maturing Japanese mustard, also known as *kyona*, has long slender stems and dark green, serrated leaves. Both cold and heat tolerant and slow to bolt, it is a vigorous green that branches prolifically. Suitable for harvesting at any stage, microgreens to mature plants. Cut-and-grow-again methods apply to this vegetable. Mizuna has become very popular as a salad green and is also delicious cooked.

#351 MIZUNA GREEN STREAK

(45 days)

Similar to the Golden Streak, Mizuna Green Streak has a delicate and lacey green leaf. This baby-leaf mustard grows quickly and adds an appealing texture and a refreshing spicy flavor to a mixture of salad greens.

#363 MIZUNA RED STREAK

(45 days)

This mustard strongly resembles Ruby Streak. Its ornately fringed purple and green leaves deliver a peppery flavor that is milder than arugula and packed with nutrients. The thin green stalks are tasty as well, making this variety a perfect baby leaf salad green.

#576 RED CAPITAL, HYBRID

(40-50 days)

This mustard variety is excellent for baby leaf to add color to a mix. Leaves have a serrated edge.

#335 RUBY STREAK (45 days)

Arguably the most attractive of all baby leaf mustards, this variety adds delicate spice and colorful elegance to a salad plate. The stems are green with fine lacy thread-shaped leaves that can range in color from green to maroon. Harvest at any stage from micro-size to full maturity. Full grown leaves are still tender enough for salads and are great in stir-fry.

#445 RED MIZUNA (45 days)

This small broad leaf mustard has a mild pungency and good red leaf and vein color that intensifies in cold weather. Its leaves are similar to green mizuna but with less deeply cut margins. A vigorous salad green that is well adapted for baby leaf production.

#408 SCARLET FRILL, HYBRID

(45 days)

This specialty purple-red mustard from Japan is harvested young for salad mixes or as a garnish in gourmet cuisines. The intense scarlet-colored lacey leaves are deeply cut, and have a mildly spicy flavor. Harvest at any stage

depending on culinary use from microgreen to full maturity.

#354 WASABINA (45 days)

When picked young, this light green serrated leaf mustard brings a delicious, spicy, wasabi-like flavor to a salad mix of baby leaf greens. The large, tender, mature leaves are ruffled with curly edges and are best cooked. Very cold tolerant.

Broad Leaved Mustard

(aka & ao takana)

#179 CHIRIMEN HAKARASHI

(55 days)

This is a popular and particularly tasty Japanese winter curl leaved mustard. The round stalk of this variety grows curly, crispy leaves that are serrated on the edges. The leaves grow spicier and hotter as the plant matures.

#251 HATAKENA (35 days)

A popular Japan mustard leaf that is bright green in color. Its leaves are hairy with slender stems or petioles. Mustard pungency increases as plant size increases. Harvest at your desired flavor. The mild pungent leaves can be used in soup, salad or stir-fry and commonly pickled in Asia. As with other mustard greens, Hatakena is a wonderful source of vitamins, fiber, calcium, iron, and other minerals.

#052 MIIKE GIANT (40 days)

This broad-leaved mustard has large aromatic light green leaves with red veins. The mildly pungent leaves can be used in soup, salad, stir-fry or pickled. All parts of the plant are used - roots, shoots, stems and leaves.

#134 OSAKA PURPLE (45 days)

This broad-leaved mustard has lovely, round, crinkled leaves that are reddish to dark purple in color. It will tolerate cold weather. Grows fast in warm weather. Both leaves and stems can be pickled, stir-fry, steamed or added to salad. The younger the leaves are picked, the milder their flavor will be. Individual leaves or the whole plant may be harvested.

#051 RED GIANT (40 to 50 days)

This vigorous growing broad leaf Japanese mustard is known for its mustard pungency and excellent for cooking and pickling. Large savoy leaves are deep purplish red with green mid ribs.

#214 YANAGAWA TAKANA

(40 days) This broad-leaved mustard is semi-heading and has large green leaves and medium ribbed stems. The leaves are harvested when 12-14" tall. The leaves have a mildly pungent flavor.

Chinese Mustard

(ha karashina, gai choi)

#049 GAI CHOI (40 to 60 days)

This popular, tasty mustard green is easy and quick to grow. Leaves are broad and green color with thick and wide petioles. A vigorous growing, semi-heading plant that is one of the main types of Chinese mustard grown. Pungency increases with maturity.

#596 SHUIDONG (35 to 45 days)

This Chinese mustard variety is fast growing. It is slow bolting and tolerant to heat. The thick curve stems are delicious in stir-fry dish.

#399 SMALL GAI CHOI (35 to 45 days)

This is a very vigorous and productive heirloom Chinese mustard green that is a non-heading type. The medium green leaves are tender and have good flavor. The plant is tolerant of heat and may bolt in spring and cold weather.

Green In the Snow Mustard

(setsu ri kon, hsueh li hung)

#050 SERIFON (30 to 50 days)

This winter hardy heirloom from Southern China has long, dark green, serrated leaves and a slightly pungent flavor. The plant is semi-upright and tolerates both heat and cold. It has an excellent mustard flavor and tender texture. Use in stir-fries and salad. Popular in China preserved in salt and fried with pork.

Head Type/Wrapped Heart Mustard

(kekkyu takana, bao xin da jie cai)

#648 CHINESE MUSTARD

(60 to 70 days)

This special selected Chinese mustard has a compact head with thick petioles and large wrapping leaves. Excellent mustard flavor. Good resistant to disease and well adapted to a wide range of growing conditions. Best for early fall planting.

#153 KEEKYU TAKANA (55 days)

In cold weather, this mustard forms a small head with a tightly wrapped core. The vigorous plants are high yielding and easy to grow. A tasty variety that is very popular in Taiwan and southern China. This variety is prized for pickling. Use in stir-fry and soup.

Mustard Microgreen

#440 CHO KARA

(5 days microgreens)

This mustard variety is bred specifically for microgreen production and is the hottest tasting microgreen we offer. The

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cotyledons or seed leaves are forest green with ivory stems. It will be overwhelming for most, with the exception of hot mustard lovers. Use in salad, soups, *sushi* or as an edible garnish with *sashimi*.

#439 SPICY BROWN

(5 days microgreens)

This medium hot variety of mustard is bred specifically for microgreen production. The cotyledons or seed leaves are medium green with white stems. Everyone can enjoy its robust mustard flavor. Use in salad, soups, *sushi* or as an edible garnish with *sashimi*.

#438 WASABI (10 days microgreens)

While this is not true Wasabi, it is a mustard variety bred especially for microgreen production that has a sharp, peppery flavor. Its large cotyledons or seed leaves make it showy and flavorful.

Mizuna

(*mizuna*, *kyona*, *shui cai*)

#054 MIZUNA EARLY (40 to 50 days)

Mizuna is one of the *kyo yasai*, traditional vegetables, in Kyoto, Japan. This early maturing Japanese mustard, also known as *kyona*, has long slender stems and dark green, serrated leaves. Both cold and heat tolerant and slow to bolt, it is a vigorous green that branches prolifically. Suitable for harvesting at any stage, microgreens to mature plants. Cut-and-grow-again methods apply to this vegetable. Mizuna has become very popular as a salad green and is also delicious cooked.

Seaweed Mustard

Salsola komarovi

(*oka hijiki*)

#191 OKA HIJIKI (30 days)

Also known as "seaweed on land", this nutritious, grass-like green grows wild in Japan's salt marshes and is also commercially cultivated. Its 2" long, matchstick leaves are excellent sources of vitamin A, calcium and potassium. Tender, young leaves are appreciated for their tart, salty flavor and succulent texture and are mainly eaten fresh or lightly steamed. Also grown as microgreens.

Stem Mustard

(*kobu takana*, *jing yong jie cai*)

#053 HORNED MUSTARD (45 days)

This Chinese stem mustard is a vigorous grower with bright green, frilled leaves and mustard pungency. The rare plant species forms a distinct "horn" in the center of its stem.

Sow seeds in late summer to early fall. Used for pickling or stir-frying, this native of Southern China also has delicious bud shoots.

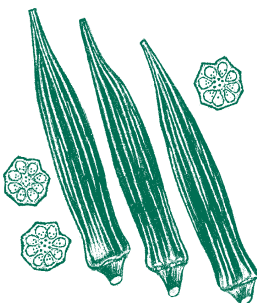
#284 TSA TSAI ROUND (120 days)

Tsa Tsai is a popular and unique mustard variety from Southwest China and called Szechuan or Sichuan vegetable. It is also known as swollen stem mustard or pressed stem mustard because the stem enlarges into thick tuber-like bumps just below the petioles. Its stem will grow 4"-6" in diameter and weigh up to 1/2 pound. Chinese swollen stem mustard is a cool season crop. The ideal temperature to promote stem swelling is 46°F-56°F. It usually takes 3-4 weeks for 5-6 leaves to grow and stems are harvested in 120 days. Young leaves may be harvested and used like any mustard green, in soups, stir-fries and pickled. The swollen stem base can be peeled and cooked but is most known as *zhacia* or *cha tsai* (pickled with salt and chili). It is added to fried rice, soups and *tofu* dishes for flavor. Sow seeds in early fall.

OKRA

Abelmoschus esculentus

(*okura*, *yong kok dau*, *krachiap man*, *dau bap*, *bhindi*)



Grown throughout India, West Africa, Ethiopia and Sudan, okra thrives in the heat. From the same family as the hollyhock, it produces hibiscus-like flowers and grows 3' to 6' tall. In the United States,

okra is best known for its starring role in the gumbo of the Deep South or as a fried vegetable. In Asia, okra is often pickled or used in stir-fries. Sow seeds in late spring to early summer.

#452 BURGUNDY (55 to 60 days)

A 1988 All American Selection Winner, this variety has high yields and good plant uniformity. The 4-foot plants have burgundy stems, branches, leaf ribs and pods with green leaves. The pods should be harvested 5-7" long when young and tender. Can be used to add color to ornamental as well as edible gardens. Okra can be prepared fresh, boiled, fried, canned and pickled. Use in salad, stir-fries, gumbo, or pickled. Outstanding *tempura*-style or fried with *commeal*. Red color is lost when cooked.

#451 CLEMSON SPINELESS 80 CERTIFIED (55 to 60 days)

This okra variety is the most popular on the **CHECK WEBSITE FOR SEED AVAILABILITY**

market. The plants are vigorous and produce exceptionally uniform straight medium-green spineless ribbed pods. A very prolific and high yielding variety with an open leaf growing habit.

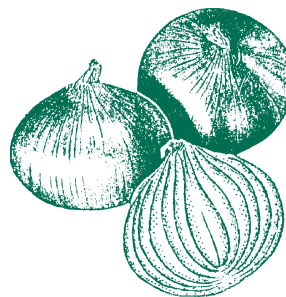
#450 JAMBALAYA (55 to 58 days)

This extra early maturing okra variety is very compact and has small leaves. It offers high yields of very uniform dark green shiny pods. Okra requires consistently warm soil temperatures for best results.

ONION-BULB

Allium cepa

(*tamanegi*)



One of the oldest cultivated vegetables, the onion comes in an amazing array of shapes, colors and degrees of "hotness." The following primarily

Japanese varieties have flavors mild and sweet enough to feature in a salad or add raw to a sandwich. In Asia, onions are a popular addition to soups, as they are in the West, and they also are often pickled. Sow seeds in late summer to early fall for seedling transplant.

#135 IMAI EARLY YELLOW

(150 days)

This selection of Senshu Yellow matures 10-15 days earlier. A medium day length overwintering variety, it does best in Zones 5 and 6. Maturing to over 1/2 a pound, the large, yellow-skinned, thick, flat globe bulbs are crisp and mild. Bulb begins to flatten at 13 hour day length.

#136 SHONAN RED (160+ days)

This red bulb onion is medium day length and was developed by the Tokyo Agricultural Experiment Station. It has excellent flavor with a crisp, sweet, mild pungency that makes it excellent for salads.

#076 SUPEREX, HYBRID (160+ days)

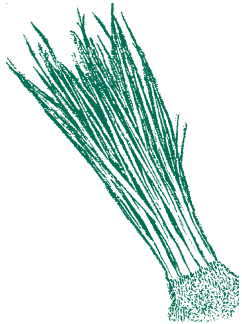
This short day hybrid is good for tropical or sub-tropical areas. The flattened globe has yellow/brown skin and a mild, sweet flavor. Also known grown as "Maui Onion," it is early maturing, high yielding, vigorous and tolerant of downy mildew. Short day types are best

suiting for southern climates, where day length reaches 12-14 hours of sunlight. They are subtropical plants that continue to grow through winter and never go totally dormant. Use fresh or cooked. Suitable for salad, pickling, stir-fry, *sukiyaki*, and *tempura*.

ONION-BUNCHING

Allium fistulosum

(*negi*, *nebuca*, *da cong*, *xiao cong*, *sibuyas*, *hark korm*, *hanh ta*)



It's not easy to find in the West the variety of bunching onions called for in much of Chinese, Japanese and Korean cuisine. This hardy year-round vegetable is a perfect complement to Asian soups, stir-fries and salads. In


Japan, the onion is often pickled. In China, you'll find them in rice and noodle dishes, or soups and stir-fries. Single-stemmed onions are planted as annuals and can grow thick and straight similar to a leek. Multi-stemmed bunching onions are more like the scallion, albeit with a stronger flavor. Bunching onions can be harvested at a number of stages, depending on whether you're after the tender, early green shoots, or the mature, white flesh of the lower stem. Sow seeds in spring or fall.

#078 EVERGREEN WHITE

NEBUKA (60 days)

This popular Japanese bunching onion produces 12-16" tall stalks. Without blanching, the white part of the stalk measures 2-3". Cold hardy, slow to bolt, and resistant to Pink Root, thrips, and smut.

#60679 ORGANIC EVERGREEN WHITE NEBUKA

 #323 HESHICO (60 to 80 days) This Japanese bunching onion or scallion, produce tender leaves with white 12-14" stalks. The onion has delicious, white, pungent flesh. This variety will over-winter.

#071 ISHIKURA IMPROVED

(40 to 50 days)

This is a traditional medium early Japanese type bunching onion. At maturity, the stalk has white stems up to 20-24" long with 6-7 deep green, thick leaves per plant. The Ishikura Improved is tolerant to warm and cool temperatures and is suitable for winter harvesting in some areas.

#60679 ISHIKURA IMPROVED

#486 ISHIKURA LONG WINTER

(40 to 60 days)

A vigorous and hardy winter variety, this bunching onion has a 15-17" long white stalk with 12" long green leaves. They are hollow and have an excellent, mild flavor. It is frost tolerant, pest resistant, and bred to grow well in most areas. Good for microgreens.

#346 KYOTO KUJO NEGI (80 days)

This non-bulbing Japanese green onion is one of the *kyo yasai*, or traditional vegetables in the Kyoto region and has been a part of that cuisine since the Edo period of the early 1800s. The tender leaf tapers to a height of 24", modulating in color from white to light green then dark green. It has a nice mild flavor.

#132 RED BEARD (40 to 50 days)

This popular, specialty bunching onion is easy to grow and an excellent choice for fresh market growers and home gardeners. It has a red stalk, a mild flavor, and tender leaves. At maturity, plants can reach 27" tall with the red stalk about 12" long.

#312 SHIMONITA NEGI (120 to 140 days after transplanting or 365 days)

Shimonita Town is the origin of these famous Japanese bunching onions. A single stalk variety, it is considered the 'King of the Negi' for its fat white root ends and its wonderful sweet flavor when cooked. Can be harvested after 6 months but needs 12 months to develop the thicker stems. Increased sweetness when cooked. Cut in half and grill. Use in *yosenabe*, *sukiyaki*, *ohitashi*, *kushiyaki*, *tempura*.

#072 TOKYO LONG WHITE -

(65 days)

This bunching onion has long, slim stalks that mature to 16-28" tall. The 4-5" white part of the stalk has a mild sweet flavor. An excellent producer with moderate bolt resistance. Not for over-wintering. These green onions do not form real bulbs and do not multiply by sets. Each seed produces one stalk.

#45265 ORGANIC TOKYO LONG WHITE

PAK CHOI

Brassica rapa var. chinensis

(*shakushina*, *chingensai*, *tatsoi*, *tasai*, *bai cai*, *wu ta cai*, *pechay*, *phakkaat farang*, *cai thuong hai*)

This graceful vegetable with Chinese origins has spread throughout Asia and beyond, developing a wide range of varieties. The most typical pak choi features dark green leaves

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atop white spoon-shaped upright stems. Stems vary considerably in thickness and shape, and in some varieties they are green. One variety produces a rosette of dark green leaves close to the ground. There are specialty pak choi that have frilly leaves to light yellow-green color. The slight mustardy flavor of pak choi makes it a delightful addition to stir-fries, soups, noodle and meat dishes, and salads, if the young leaves are used. In China, the coarser leaves are often pickled. Some Chinese cooks also dip the leaves in boiling water and hang them out to dry in the sun for several days. Drying enables this highly perishable vegetable to be stored for winter months. Asian cooks use the entire plant at many stages of development. Sow seeds in spring to fall when temperatures are above 50°F.

Green Stem Type

(*chingensai*, *shanghai pak tsoi*, *cai ngot trang nho*)

#657 CHUN MEI, HYBRID

(45 to 50 days)

Chun Mei hybrid is very slow bolting standard large size Shanghai pak choi. It stands upright and leaves are dark green with broad, long and shiny green petioles. Cold and some heat tolerance and can be planting in spring and fall. Late maturing variety. This variety is a winner!

#666 CHUN YU, HYBRID

(40 to 50 days)

This is a medium size Shanghai pak choi hybrid with medium maturity. Compact and nice shape with dark green leaves and short petioles, Tolerance to heat and cold and very slow bolting. Suitable for spring, summer and fall planting. Can be planted for Shanghai Pak Choi and Shanghai Miao.

#661 JIMAO CHOI, HYBRID

(20 to 30 days)

This is feather type pak choi. Plants grow fast (20-30 days) and upright. Leaves are green, oval-long spoon shape with green petioles. Tolerant to heat.

#660 LITTLE SHANGHAI, HYBRID

(30 to 40 days)

Excellent Shanghai baby pak choi with good uniformity. Plants grow upright, short and compact. Leaves are dark green with green petioles that are wide and thick. It has heat and cold tolerance and slow bolting. For late spring, summer and fall planting. Recommended variety for mini pak choi, *Shanghai Miao* production.

#121 MEI QING CHOI, HYBRID

(40 to 50 days)

This is the first hybrid, green stem, dwarf, Shanghai pak choi developed with heat/cold

tolerance and bolt resistance. It has a uniform, erect, compact, tight vase-shape growing habit and weighs about 1/4 lb each. The petioles are tasty, crisp, and tender. It is a good choice for home and field growing. With wide growing adaptability, it is suitable for spring and fall sowings, and in cool regions summer sowing is also possible.

#449 PETITE STAR, HYBRID

(45 days)

This popular baby *Shanghai* pak choi (*Shanghai Miao*) grows fast and matures early. Harvest when 4-5" tall, this dwarf-type hybrid is compact and has good weight. When cooked, its tender green leaves and crispy green petioles have excellent flavor. It can tolerate warm and cool temperatures. Excellent variety for fresh market and home gardens.

#299 SAN FAN, HYBRID (35 to 40 days)

This popular green pak choi or Shanghai pak choi hybrid has thick dark green leaves and light green petioles that are shaped like an hourglass. It is early maturing with uniform plant growth and excellent tolerance to heat. It adapts well to most areas provided temperatures stay in the 50-80°F range. A tender, easy to grow variety with excellent flavor and texture.



#059 SHANGHAI (40 to 50 days)

This green stem variety is very popular in South China. It has an attractive hourglass shape with glossy, dark green leaves, and thick petioles that are tender and very delicious. It is high yielding and known for its heat tolerance.

#658 SUMMER ZEST, HYBRID

(40 to 45 days)

Summer Zest is a medium to large size and medium maturing pak choi. The plant grows erect and compact. Leaves are dark green color, oval-spoon shape. It is tolerant to heat, medium to cold, rain and some disease resistance. Good for late spring and fall planting.

#659 WA WA QING, HYBRID

(30 to 35 days)

This is a Shanghai baby pak choi variety. Plants grow upright, short (6-8" tall) and compact. Leaves are dark green with green petioles that are wide and thick. Heat tolerant and slow bolting. For late spring, summer and fall planting. Recommended variety for mini pak choi, Shanghai Miao, and small size Shanghai pak choi.

White Stem Type

(*shakushina*)



#056 CHINESE PAK CHOI

(40 to 50 days)

This widely grown Asian green, also called

bok choy, has smooth green leaves and thick white leaf stalks. It is one of the most popular Asian vegetables and a main ingredient in chow mein and stir-fries.

#442 DA CHEONG CHAE, HYBRID

(35 to 40 days)

This variety has qualities of both tatsoi and pak choi—round, dark green leaves and an upright growth habit. Harvest individual leaves for salad or the whole plant for cooking. Can be grown all year round in mild climate areas. Steam, stir-fry, braise and use in soups and salads. An excellent juicing vegetable.



#273 DWARF PAK CHOI

(40 days)

This is 'Baby Bok Choy', the famous Asian green. It is often referred to as a *nai pe tsai* type or dwarf type with white spoon-shaped petioles and dark green glossy leaves. This variety grows best in mild climates and can tolerate heat. It can be grown year-round in sub-tropical areas.

#400 DWARF PAK CHOI 4",

HYBRID (40 days)

This hybrid baby bok choi is often referred to as a *nai pe tsai* type or dwarf type with thick, white, spoon-shaped petioles and wrinkled dark green glossy leaves. This beautiful uniform presentation is matched by its delicious, crisp flavor. It is heat tolerant and has better bolt resistance than many open pollinated varieties. Bred for high productivity and heavy yields.



#274 EXTRA DWARF PAK CHOI

(30 days)

This specialty pak choi variety is smaller than baby pak choi. It is similar to our Chinese Pak Choi and Dwarf Pak Choi varieties although smaller and more compact. This fast growing variety has curled, glossy, dark green leaves with short, thick white petioles. Can be grown year round in sub-tropical areas.

#664 HOTAU IMPROVED, HYBRID

(30 to 40 days)

This is a mini type pak choi that you see in stores. Plants uniform growing 3-4" tall, wide and big petioles. Fast growing, very slow bolting and heat tolerant. Can be planted in late spring, summer and fall. Recommended variety for minim pak choi production.

#122 JOI CHOI, HYBRID

(40 to 50 days)

Growers love this hybrid pak choi for its uniformity. It is large, fast growing, vigorous, and has bright green leaves and white petioles. At maturity, the plant is about 18" tall yet can be harvested when plants are still young and

small. Recommended for areas where bolting is a problem when growing pak choi. A very adaptable variety that tolerates a wide range of temperatures.

#662 NABAI SPRING, HYBRID

(45 to 50 days)

This is a dwarf or baby pak choi type. It grows 4-6" tall, short, compact with nice shape. Leaves are dark green with pure white petioles. Tolerant to cold and heat, slow bolting. Resistant to disease. Can be planted in spring, summer and fall.

#663 NEW NABAI, HYBRID

(40 to 45 days)

This is a dwarf or baby pak choi type with good uniformity. Plants have nice form, are vigorous growing. Leaves are dark green with pure white petioles. Heat tolerant and disease resistant. This variety is easy to bolt. For late summer to early fall season planting.

#183 TAISAI (50 days)

The leaves of this popular and vigorous pak choi or *choy sum* are glossy green and distinctively spoon-shaped. Tender, crisp white petioles are long and thick. The 18" plants are taller and less compact than Chinese pak choi types.

#574 TALL WHITE STEM, HYBRID

Brassica rapa var. chinensis (45 to 50 days)

Excellent pak choi variety for miao, early stage harvesting for younger pak choi, and for full maturity large size pak choi. Leaves are dark green with white petioles. Plant in spring, summer and fall for pak choi miao. Plant in summer and fall for full maturity pak choi.



#062 TATSOI

Brassica rapa var. narinosa

(20 to 25 days baby leaf, 40 to 50 days)

This specialty pak choi is cold tolerant. Leaves and petioles are tender with a mild, mustard flavor. Leaves are spoon-shaped and dark green color. Petioles are shorter than most pak choi. In warm temperatures, the plant grows erect while in cold temperatures, the plant forms flat rosettes growing close to the ground.



#350 TATSOI SAVOY

Brassica rapa var. narinosa

(45 days)

The dark green, heavily savoyed leaves grow atop thick bunches of pale green petioles giving it a spinach-like appearance. In summer, the plant reaches nearly a foot in height. In winter, it grows in a rosette close to the ground. Heat and cold tolerant. Excellent for microgreens and baby leaf production.

Specialty Pak Choi

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#656 BEIJING EXPRESS, HYBRID (30 days)

A pak choi like romaine lettuce and could be the new green for Caesar salad! Beijing Express stands erect and has dark green hairless leaves with long green petioles similar to romaine lettuce. Lighter green to yellow interior, crisp, tender and sweet. Slow bolting, tolerance to cold and heat. Can be planted ins late spring, summer and fall.

#537 DA HONG SUMMER, HYBRID (45 to 55 days)

Da Hong Summer is slightly denser than other purple pak choi, former a more developed head, and firmer petioles. The flavor is mild and great raw and cooked. It's heat tolerance is higher than many other pak choi, and it can also weather greater temperature fluctuations between day and night without bolting.

#572 DA HONG WINTER, HYBRID (45 days)

Da Hong Winter variety is excellent for baby leaf production. It grows faster than Da Hong Summer variety during the fall-winter season. When Da Hong Winter variety is grown during summer, the days to maturity is the same as Da Hong Summer variety. Leaf color is violet-red with green petiole color. Leaves are oval-shape and is tolerant to cool temperatures.

#265 FUN JEN, HYBRID (35 days)

This is a very popular frilly leaf pak choi. The plant is semi-spreading and weighs about 1/2 pound at maturity. The leaves are green, frilly and wrinkled with smooth white petioles. Can be grown year-round in sub-tropical areas. The leaves are very tender and crisp and can be prepared in stir-fry or added to soup.

#592 PURPLE GEM, HYBRID (45 days)

Purple Gem variety is an excellent variety for baby leaf and for microgreens. The leaves are purple-red and oval shape. The flavor is mild and mixes well with other baby greens and microgreen mixes.

#535 PURPLE MAGIC, HYBRID (45 to 55 days)

This pak choi hybrid has deep, dark purple top leaf and green with purple veins under leaf and green petioles. A uniform and easy to grow plant that is tender, mildly flavored, and can be harvested at any stage, microgreens, baby leaf or whole plants at full maturity. Produces nice color under warm and cool temperatures.

#584 PURPLE VITA, HYBRID (45 days)

Purple Vita is a pak choi hybrid that has dark purple color leaves with green petioles. The

leaves are round shape with green color under leaf. A uniform and easy to grow plant that is tender, mildly flavored, and can be harvested at any stage, microgreens, baby leaf or whole plants at full maturity. Produces nice color under warm and cool temperatures.

#443 RED CHOI, HYBRID (40 to 50 days)

This special hybrid pak choi has dark red leaves with green undersides. At maturity the petioles are light green. It has a delightful flavor. A colorful addition to a microgreens mix. Harvest as baby leaf and at full maturity.

#536 RED KINGDOM, HYBRID (45 to 55 days)

This fast maturing pak choi hybrid has deep, dark purple top leaf and green under leaf. The leaves are unique because of their lobe-shape.

#446 RED TATSOI, HYBRID (40 to 50 days)

This vigorous hybrid has medium sized, spoon-shaped red-violet leaves and a mild, sweet mustard flavor. Harvest from baby leaves for salads to full maturity.

#369 RED VIOLET TATSOI, HYBRID (20 to 40 days)

This beautiful hybrid has the spoon-shaped leaves of tatsoi and a more upright habit that makes harvesting easier. The slightly ruffled leaves range in color from red-violet to dark purple and have a mild mustard flavor. A strong and vigorous producer, this variety is cold tolerant. Harvest from baby leaves for salads to full maturity.

Taiwan Pak Choi

#656 BEIJING EXPRESS, HYBRID *Brassica campestris var. pekinensis* (30 days)

A pak choi like romaine lettuce and could be the new green for Caesar salad! Beijing Express stands erect and has dark green hairless leaves with long green petioles similar to romaine lettuce. Lighter green to yellow interior, crisp, tender and sweet. Slow bolting, tolerance to cold and heat. Can be planted ins late spring, summer and fall.



PARSLEY

(*orandazeri*)

This flavorful and nutrient-rich herb is used in Asia to season soups, noodle dishes and meat and poultry. If it is cooked at all, it is cooked only for a very short time. Often cooks chop it and add it as the final ingredient to flavor a dish that has already been cooked. Known as cilantro or coriander in the West, Chinese Parsley is one of the most important flavorings in Asian cuisine. Sow seeds in spring and fall.

Chinese Parsley

Coriandrum sativum

(*korianda, koendoro, yuen sai, phak chee, ngo, dhania*)

#356 LEISURE CILANTRO (35 to 40 days)

Cilantro, also known as Chinese parsley, coriander or *yan sui*, is valued in Asian cuisine for its aromatic zesty flavor produced in every part of the plant, from the leaves to the stems to the seeds. The plants grow up to 2' tall and have medium-green feathery, flat leaves. Small 2" seedlings are ready to harvest after 18 days and can be used in dishes or as a garnish. Extra slow to bolt, this variety is good for mild climates. Cilantro goes to seed quickly in hot weather conditions.

#458 LEISURE CILANTRO (split seed) (35 to 40 days)

Cilantro, coriander and Chinese parsley are all common names for this herb. Regular seed is actually the whole seedpod that contains two or more seeds. For monogerm or split seed, the pods are split open to collect the single seeds. Many growers prefer split seed for precision planting and a higher seed count per pound. Microgreen growers indicate that split seed germinates faster and more consistently. This is the same Leisure variety we offer in whole seed.

Italian Parsley

Petroselinum crispum var. neapolitanum

#533 ITALIAN DARK GREEN FLAT (75 to 85 days)


This parsley has flat, glossy, dark green leaves with an nice aromatic flavor. Plants have an upright stems which makes this variety good for bunching. Leaves are used to flavor salsas, salads, soups, meat dishes, and dried for culinary herb uses.

Japanese Parsley

Chryptotaenia japonica

(*mitsuba, san ye qin*)

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 **#032 MITSUBA** (50 to 60 days)
This native Japanese herb is called Japanese hornwort or Japanese wild parsley. It is a popular traditional vegetable, *dento yasai*, of Japan. Long stalks have trefoil leaves that are aromatic. Although perennial by nature, this plant is grown as an annual food crop. Excellent grown as microgreens.



PEA, EDIBLE POD SUGAR/ SNOW PEAS &

SHOOTS


Pisum sativum


(*saya endo, endo, tobyo, ho lan tau, dai miu, chicaro, tua lan tau, dau hoa lan*)


Essential to Asian cooking, snow peas are often stir-fried, especially with shrimp or chicken, or added to soup or sukiyaki. They are perfect for the busy cook because they require little preparation – less than a minute to stir-fry! Young pods add a tasty crunch to salads. Some varieties are cultivated specifically for the flavorful tendrils or pea shoots and are considered a delicacy. Pea shoots are delicious raw with a little citrus juice, lightly steamed or stir-fried, or cut up and added to fish or chicken dishes. Sow seeds in spring and fall.

Pea Shoots

(*tobyo*)

 **#524 AFILA** (8-12 days microgreens)
This variety of pea is cultivated for its delicious, gracefully attractive long tendrils. The tender pea shoots tips are unique twisting threads. Harvest the tendrils and leaves at the top of the pea stem. Popular as microgreens and garnish.


 **#588 BROWN SPECKLED**
(8 to 12 days for microgreens)
Brown Speckled pea variety is popular grown as microgreens and garnish. The shoots have a nice pea, sweet flavor.


 **#563 DUNDALE** (8 to 12 days for microgreens)
This variety is popular for microgreens. The shoots are bright green and sturdy with a sweet taste and slight fresh pea flavor.

 **#581 GREEN** (8 to 12 days for microgreens)

Green pea variety is popular grown as microgreens and garnish. The shoots have a nice pea, sweet flavor.

 **#567 MAPLE** (8 to 12 days for microgreens)
Maple pea is a popular variety grown for microgreens and garnish. The shoots have a nice pea, sweet flavor. Very popular variety grown for pea shoots in Japan.

 **#158 USUI** (35 to 75 days)
This variety of pea is cultivated for its delicious and tender pea shoots. Harvest the tendrils and leaves at the top of the pea stem on established plants. Cutting regularly will promote a longer harvest of continuous side shoot growth. Considered a delicacy.

 **#589 YELLOW** (8 to 12 days for microgreens)
Yellow pea variety is popular grown as microgreens and garnish. The shoots have a nice pea, sweet flavor.

Shelling Pea


(*endo*)

#477 GREEN ARROW (62 to 70 days)
A gardener's favorite, this high yielding variety produces 4-5" pods filled with 8-11 small, dark green, flavorful peas on 24-30" vines. The fruit is set high on the vine for ease of harvest. Resists fusarium wilt and downy mildew, root rot, leaf curl. Eat fresh or freeze.

#478 MAESTRO IMPROVED
(55 to 61 days)
This popular, extra early, disease resistant variety produces 4-5" pods filled with medium-sized, 9-12 dark green peas with a sweet flavor. The 22-26" plant is high yielding for multiple pickings. Resistant to pea enation mosaic virus, bean yellow mosaic, powdery mildew and common wilt. Eat fresh or frozen.


Snow Pea


(*saya endo*)

 **#040 DWARF GREY SUGAR**
(60 to 70 days)
This edible pod snow pea has beautiful purple bi-colored flowers. The 2-3" flat pods are pale green, sweet, crisp and fiber-free. Can also be grown for pea shoots, a delicious delicacy.

 **#039 MAMMOTH MELTING SUGAR** (70 days)

This delicious edible pod snow pea is early, high yielding, productive, and likes cool weather. Flat pods are uniform, sweet, tender, and mature to about 5"x 3/4". The 4-5 foot vines should be trellised.

 **#267 OREGON GIANT** (74 days)
The unusually large pods of this bush snow pea variety grow to about 5" long and tend to cup as they mature. The plant starts flowering on about the 16th node and bears one to two dark green, tender pods per node. Can be grown without support. Good disease resistance.

 **#268 OREGON SUGAR POD II**
(65 days)
This edible-pod snow pea has been a popular variety for a long time. The flowers are white and vine are short growing up to 30" tall. The pods are very sweet and crispy. The snow peas are 4" long which is a little longer than the pods of Dwarf Grey Sugar variety.

Sugar Pea

(*saya endo*)

#605 SUGAR ANN (55 to 60 days)
Sugar Ann snap pea is an early maturing dwarf variety. No staking required. The large edible pods are sweet and crisp. Disease resistant to Fusarium 1.

#606 SUGAR SNAP (60 to 65 days)
Sugar Snap snap pea has a tall vine plant habit. The edible pods are about 3" long, sweet and crisp.



#166 TAICHUNG 13 (70 days)

This variety was developed by the Taichung District Agricultural Improvement Station. The vines are tall, early, vigorous and prolific. Flowers are white. Pods are round,

plump, crispy, tender, very sweet and of excellent quality weighing up to 7 grams.

PEPPER

Capsicum annuum

(*togarashi, laat jiu, prik chee faa, ot, mirch*)

"Hot, medium or mild?" – the answer to this critical question, especially as it relates to Southeast Asian food, boils down to peppers. Fresh or dried hot peppers add the fire to Szechwan stir-fries and soups, Thai and Indian curries, Vietnamese sauces and Korean *kimchee*. And what's "hot!" in the West is more like mild or medium in the East. Even some varieties of Asian sweet or green peppers pack a little punch. In Japan, sweet peppers are delicious fried in a *tempura* batter or robata grilled. Start seeds indoors 6 weeks before last frost date and transplant when weather warms.

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Green/Sweet Pepper

(*ao togarashi, ching jei, sili peaman, ot*)

#081 FUSHIMI (65 days)

Fushimi sweet pepper, Fushimi *togarashi*, is one of the *Kyo-yasai*, traditional vegetables, in Kyoto, Japan. This sweet Japanese pepper is thin-walled and glossy bright green. The fruits are slender, tapered and grow to 6" in length. It is very easy to grow, produces good quality and prolific harvests.

#508 HIMO TOGARASHI

(80 to 90 days)

Himo *Togarashi* is a specialty green pepper that is a Yamato *dento yasai*, which means it has been selected as a Nara prefecture traditional vegetable. The pepper grows 4-6" long and up to .25" in diameter (less than the diameter of a pencil). The peppers hang down on the plant and look like strings or *himo* in Japanese.

#615 JIMMY NARDELLO SWEET

(70 to 82 days)

This pepper has traditionally been recognized with Italian cuisine for frying. It is delicious at all stages when green color to red color. The fruit are long and slender reaching between 6-9" in length. Very productive.

#507 MANGANJI (80 to 90 days)

Manganji pepper is one of the designated traditional specialty vegetables of Kyoto, Japan. These vegetables are called *kyo yasai* or *dento yasai*. Many of these vegetables have existed for hundreds of years. This Japanese pepper has a thicker wall than the fushimi and shishito peppers. Fruits average 6" long, mild flavored and not spicy. The pepper skin is shiny with distinctive wrinkles at the stem end.

#453 PIMIENTO DE PADRON

(60 days)

This prized Spanish heirloom frying pepper is traditionally harvested when small and green. The thin-skinned fruits are sweet and mild with the occasional hot and spicy one mixed in. The vigorous, high yielding plants tend to produce hotter peppers as the season progresses. Peppers are very flavorful dried or fresh.

#083 SHISHITO (60 days)

This medium early, small, sweet, thin-walled glossy green pepper is popular in Japan. The fruits grow up to 3-4" long. Plant has a spreading habit and produces prolifically. Good for garden, greenhouse, and open field growing.

#082 TENDERBELL, HYBRID

(60 days)

This is an extra early maturing Japanese hybrid that produces glossy, thin-wall, sweet green bell peppers that are small-sized up to 3-4" in length and 30-40 grams in weight.

Plants are 24-30" tall. This variety is tobacco mosaic virus tolerant.

Asian Hot Pepper

(*togarashi, laat tsiu, siling, ot bi*)

#428 BIRD (75 to 78 days)

The fruit of this hot Thai pepper can be harvested when green or red. The plants produce prolific harvests of small 1.5" long, pungent peppers that are traditionally used in Asian cuisine. Hardy to 55°F.

#427 GARDEN BIRD (70 to 80 days)

The small 1" long, pungent fruit of this hot Thai pepper can be harvested when green or red. The prolific plants yield large harvests, are hardy to 55°F, and tolerant of rainy weather. Traditionally used in Asian cuisine.

#270 PRIK CHI FAA (75 to 80 days)

These Thai chili peppers are considered medium hot. The peppers have smooth glossy green skin that turns red at maturity. They grow about 5 to 7" long and weigh a little less than 1 ounce. Use fresh or dried. They add heat to sauces.

#694 SANTAKA (70 to 80 days)

Santaka is a Japanese hot pepper that is from the Tochigi prefecture. The variety was released in 1955. It is spicy, good uniformity, and high yielding. Easy to harvest and dry peppers.

#215 SAPPORO HOT (60 days)

This medium-hot pepper is a Japanese specialty. Tapered fruits, which set downward and grow to a length of 5", start out a medium green color and ripen to red. These peppers can be used fresh for cooking if harvested young, while they are still green. Mature fruits are best dried.

#237 TAKANOTSUME (60 days)

This pepper is known as a Hawk Claw chili because of its talon shape. It is a very hot specialty pepper from Japan. Fruits set upward growing to 1.5-2.5" long.

#454 THAI DRAGON (70 to 80 days)

This popular pepper is a prolific open pollinated variety. The ripe red fruits are 2-3" long and about the diameter of a pencil. They have hot to very hot spiciness and dry very easily on the plant or when picked.

#238 YATSUFUSA (60 days)

Yatsufusa is a hot specialty pepper that originated in Japan and is also known as chilies Japones. The peppers grow in upright clusters of 5-6 at the top of an 18-24" tall multi-branched plant and have a flavor similar to cayenne or Thai peppers. The 2-3" long fruits are harvested both green (mild heat) and red.

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The mature, dried fruits are ground and used in *shichimi togarashi*, a popular condiment.

Korean Pepper

(*gochu*)

#602 BEAUTY, HYBRID

(100 to 110 days)

This Korean hybrid pepper is not spicy and used for fresh eating. The fruit is about 7-8" long and green color that is sweet and juicy. For open field and greenhouse production.

#601 GOCHUJANG KING, HYBRID

(120 to 125 days)

This Korean hybrid pepper has a hot pungency and used for the dried pepper. The peppers are dried and ground to powder, *gochutgaru*, to make *gochujang*. Peppers are about 6" long. For open field growing.

#600 VITA GREEN, HYBRID

(100-125 days)

This Korean hybrid pepper has mild pungency and is for fresh eating. The pepper is approximately 6" long and weighs about 30 grams. The peppers are glossy and dark green color. Recommended for open field growing. The young green peppers, put *gochu*, are crisy and flavorful. They are often used by dipping into *jang*, fermented sauces, *doenjang* and *miso*.

#599 WA MAE WO, HYBRID

(100 to 125 days)

This Korean hybrid pepper is early maturing with hot pungency. Used for dried pepper when the peppers are red and mature (*hong gochu*), ground into flakes, (*gochutgaru*), fresh eating when the peppers are young (*put*), and for making fermented pickles (*jangajji*). For open field growing and very productive.

Mexico Pepper

(*pimienta*)

#629 CALORO (70 to 75 days)

Caloro is also known as Yellow Jalapeno. These chilies are pointed shape, 2-3" long and thick walled. They mature to yellow to orange and hot red color and have a mild to medium heat with good flavor. Plant size ranges from 2-3' tall. Tobacco Mosaic virus resistant.

#630 CHILACA - PASILLA

(70 to 75 days)

When the Chilaca pepper is dried it is known as *chile pasilla* (little raisin). When the Chilaca pepper is fresh dark green to brown color it is called *pasilla bajo* or *chile negro*. These peppers are 8-10" long and mildly hot. Smoky rich flavor when dried and used in *salsa*, *mole* and *adobo* sauces.

#631 POBLANO - ANCHO

(70 to 75 days)

The Poblano pepper is one of the most popular peppers used in Mexican, Tex-Mex and SW cuisine. Poblano pepper is called Ancho pepper when dried and Poblano pepper when it is fresh. They are mild, large, thick walled, and heart shaped which make them a choice pepper for stuffing and roasting. The ground dried pepper has a smokey paprika sweet flavor.

#632 CHILTEPIN (70 to 75 days)

Chiltepin peppers, *chile tepin*, are very hot, tiny, and round shape ranging in color from orange to red at maturity. It is the only wild native chili pepper in the United States. They can be used fresh or dried.

#633 JALAPEÑO M (70 to 75 days)

Jalapeno M is a hot pepper with a blunt end, thick walled pepper about 3" long. Long yielding. They can be used green to red color.

#634 SERRANO (70 to 75 days)

Serrano pepper is hot and flavorful, about 2-3" long with medium thick walls. Green peppers are used in salsas such as *pico de gallo*, sauces, and nice roasted.



6 3 5 HABAÑERO ORANGE

(70 to 75 days)

Habanero pepper is named after the Cuban city of La Habana but may have originated in Mexico and it is very hot pepper with fruity flavor. The pepper is about 2" long and grows green maturing to orange. Used in cooking and sauces.

PERILLA

(*shiso*, *jiso*, *zi su*, *tia to*)

Perilla is either red or green, the red having an anise flavor and slightly less spicy than the green variety, which tastes more like cinnamon. The leaves are used for seasoning, coloring, pickling and garnishing. Shiso leaves can be used whole or cut into strips. Use the flower buds by collecting the seeds at the end of the season to sprinkle on salad and rice. The Japanese, in particular, use the red variety to color *umeboshi* and pickled ginger. Perilla seeds form an essential part of the famous seven spices of Japan, which originated more than 300 years ago in Kyoto. Green perilla leaves are often wrapped around sushi or served with *sashimi* as a garnish. They also are added to soups, tempura or dried and sprinkled over rice. Japanese chefs add red

perilla to *tofu* or bean curd dishes or use it wrapped around pieces of meat. Sow seeds in late spring to early summer.



#034 AKA SHISO

Perilla frutescens var. crispa (60 to 70 days)

Aka Shiso is a traditional Japanese heirloom herb with refreshing aromatic red frilled leaves. Also known as Beefsteak plant. The plant has a bush growth habit. It is also grown as sprouts or microgreens. As the plant matures, pinch off leaves for use. This promotes branching and leaf production.



#035 AO SHISO

Perilla frutescens var. crispa (60 to 70 days)

Ao Shiso is a traditional Japanese herb, *dento yasai*, with refreshing aromatic green frilled leaves. Also known as Beefsteak plant. The plant has a bush growth habit. It is also grown as sprouts or microgreens. As the plant matures, pinch off leaves for use. This promotes branching and leaf production.



#137 HOJISO

Perilla frutescens var. crispa (60 days)

An aromatic Japanese specialty herb, perilla is grown for its flower tips/buds and leaves for fresh garnish and pickling. The leaves are green on top and purple/red underneath. Good for container gardening.



#448 JEOK SSAM IP

Perilla frutescens (70 days)

This Vietnamese perilla has smaller leaves and a stronger, aromatic flavor than Japanese perilla. The topside of the leaf is deep green and the underside deep red-purple. Often also grown as an ornamental accent in the garden. Traditionally cooked with seafood.



#260 KOREAN PERILLA

Perilla frutescens var. frutescens (70 days)

This large leaf perilla is a Korean specialty. The leaves are two-toned—bright green on top and light purple underneath. They have a unique flavor that tastes somewhere between mint and basil and are often used as a wrap for sushi and cooked food. Excellent as a microgreen for salads/garnish. Plants grow vigorously and show best color in warm temperatures.



#651 OHBA AKA SHISO

Perilla frutescens var. crispa

(60 to 70 days)

Ohba Aka Shiso is a traditional Japanese herb, *dento yasai*, with refreshing aromatic red FLAT leaves. Also known as Beefsteak plant. The plant has a bush growth habit. It is

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also grown as sprouts or microgreens. As the plant matures, pinch off leaves for use. This promotes branching and leaf production.



#650 OHBA AO SHISO

Perilla frutescens var. crispa

(60 to 70 days)

Ohba Ao Shiso is a traditional Japanese herb, *dento yasai*, this refreshing aromatic has green FLAT leaves. Also known as Beefsteak plant. The plant has a bush growth habit. It is also grown as sprouts or microgreens. As the plant matures, pinch off leaves for use. This promotes branching and leaf production.



PICKLING MELON

Cucumis melo var conomom

(*shima uri*, *oshiro uri*, *yue gua*)

As its name suggests, this family of melons is ideal for pickling, and that is the most common method of preparation in Asia. Considerably larger than Western cucumbers, young melons can be eaten raw or added to a salad as you would a cucumber. More typically, they can be baked stuffed with beef, pork, chicken or vegetables. Pickling melons also make a tasty vegetable in their own right alongside seafood or in a stir-fry. Sow seeds in late spring to early summer.

#047 GREEN STRIPED (70 days)

The rich, green and white striped fruits resemble large cucumbers and mature to 18" long. The flesh is white, very thick and has been used for *kazu-zuke* or *nara-zuke*—a pickling recipe over a thousand years old.

#048 KATSURA GIANT (70 days)

This light green, oval-shaped melon, *oshiro uri*, is very popular in Japan and is best suited for pickling. The fruits have crisp white flesh and can reach 14" long and 4-5" in diameter. The plant has a vine growth habit. Promote lateral branching. Hand pollination may be necessary.

#210 NUMANE (70 days)

This Japanese pickling melon, known also as *oshiro uri*, has light green skin that turns almost white when mature. The melon grows to 12" long and looks like a fat cucumber. This variety thrives in cool areas. Especially ideal for pickling, these melons can also be stuffed or stir-fried with beef, pork, chicken or vegetables. Young fruit is tasty eaten raw as you would a cucumber.



POHA BERRY,

GOLDENBERRY OR CAPE GOOSEBERRY

Physalis peruviana
(*honzuki, kajitsu*)

A popular fruit berry in Hawaii, the fuzzy-leaved Poha Berry bush produces about a 1" sweet/tart berry with smooth, waxy orange skin. The berries are often made into a delicious jam that is a perfect glaze for pork. They are also a treat in salads with seared sea scallops and couscous. This vining plant typically grows to about 2' to 3', but supported it can reach up to 6'. The bell shaped yellow flowers and heart shaped large leaves give the Poha Berry a romantic tropical appearance.

#239 GIANT (75 days after flowering)

This is a popular berry in Hawaii, the fuzzy-leaved bush (aka Poha Berry) produces about 1" berries with smooth, waxy orange skin. This tangy sweet fruit tastes like a mixture of pineapple and strawberry and is covered with a lantern-shaped husk. It grows well in containers.



RADISH *Raphanus sativus*

(*daikon, luo bo, labanos, hua piah, cu cai trang, muli*)

The number and variety of radishes available are testimony to their importance in Asian cuisine. In the West a radish is typically round, small and red. Asian radishes, however, range in color from deep red or pink to green or white, in shapes from round to oblong to tapered, and in pungency from mild to spicy hot. While Western tastes generally prefer radishes in small amounts in green salads or as a garnish, in Japan and China the radish is more often pickled or cooked in some

fashion, often in soups. When eaten raw, it is grated into a salad or carved into a beautiful garnish. The Chinese make a radish pudding, and pickled radish is a principal ingredient in Korean *Kimchee*. Asian cuisine also finds a resourceful use for the leaves, stems, seed pods and seedlings. Some varieties, in fact, are cultivated more for the greens than the root. Sow seeds in spring or fall.

Chinese Radish

#096 GREEN MEAT (60 days)

This unique radish has sweet, crispy, green flesh. The skin is green with a white tip. The roots mature to 10" long but can be harvested at 6" and 2-3" in diameter. Best suited for mild climate areas. Stores well.

#261 MANTANGHONG, HYBRID (65 days)

This "beauty heart" type Chinese radish is the most popular variety grown in the middle and northern parts of China. Its flesh color can range from intense red to bright magenta. Because of their color, they are the perfect radishes to carve into flower shapes as garnish. The radish is round and has a green shoulder with white skin. It has a crisp texture and is mild and sweet flavored. Sow seeds in late summer to early fall. Try eating fresh. Just thinly slice, top with fresh squeezed lime and a little salt and pepper or with sugar.

#095 RED MEAT (60 to 70 days)

Also known as Beauty Heart and Watermelon Radish, this unique round variety has white skin with green shoulders. When sliced open, the sweet and juicy flesh is a pink-red color. For late summer and fall growing only—will bolt from spring planting and hot dry conditions. Good for salad, pickling and cooking. In Northern China, this radish is carved into attractive flower shapes for garnish.

#127 SHUNKYO (30 to 40 days)

Originally from Northern China, this fast-growing early radish variety is easy to grow and has red-pink skin and white flesh. The roots have a hot, sweet flavor and the tops are tender and delicious. Sow seeds in spring after last frost or in late summer/early fall. The leaves are tasty stir-fried or pickled. Roots are excellent fresh in salads or pickled.

#579 STARBURST HYBRID (60 days)

Starburst is a watermelon-type radish characterized by a bright red interior and a white/green exterior. Expect maturity in about 60 days, depending on day length and temperatures. Performance will be best in most areas if seeds are planted in early spring or early fall. Mature roots are tangerine sized with upright bright green foliage. Use to dress up salads or slaws or pickle them to preserve.

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Giant White Radish

#322 APRIL CROSS, HYBRID (60 days)

This giant white radish or *daikon* is a market leader for its extra-slow bolting habit, tender mature flesh and reliable harvest. The root is all white, 16" long, 2.5" in diameter and weighs around 2 lbs. It has moderate heat and cold tolerance. Recommended for late spring to early summer harvest and early winter harvest. Excellent for home garden and market growers.

#343 EVEREST, HYBRID (55 days)

This Chinese *daikon* radish is very popular in Taiwan and Japan. Its snow white roots are carrot-shaped, grow 15" long and 2 1/2" in diameter and have finely textured flesh. Average weight is 1.5 lbs. While an excellent performer in subtropical and tropical areas, it is not suitable for spring sowing in cool climates.

#555 FUJIKAZE, HYBRID (60 days)

Fujikaze radish has a green shoulder and grows 15 inches in length and 2.5 inches in diameter with late bolting characteristics. This variety has excellent cold tolerance and resistance to *Fusarium oxysporum* and Vert Wilt Field tolerance.

287 GIANT LUO BUO (80 to 100 days)

This large oval white radish grows 8-10" long and 5-6" in diameter and is very popular in Taiwan. The flesh has a sweet and mild flavor. It can weigh 2-2.5 lbs. Use raw or pickled. This variety is often added to soups and simmered until soft.

#330 IWAI DAIKON 50 days)

Unique for its small size, this traditional Japanese radish has long been a favorite for New Year's celebrations. The long white root grows to a slender 1" diameter at the base of a clump of lovely green leaves. It carries the designation *Yamato yasai*, which means it has been selected as a Nara traditional vegetable.

#091 MINO EARLY (40 to 50 days)

Mino Early is a leading open pollinated radish (*daikon*) for summer to fall harvest in Japan. It has good heat tolerance and can be grown all year round in tropical areas. The tapered root is long, white, tender and crisp with a mild pungency. Harvest when 14-16" long and weighing 1.75 lbs. Late pithiness.

#103 MINOWASE SUMMER CROSS, HYBRID (55 to 60 days)

This popular Japanese hybrid radish has a long, white tapered root that is mildly pungent. They can reach 16" long and weigh 1.75 lbs. It is the finest radish variety for summer to fall harvest with good heat tolerance. Resistant to mosaic virus, *fusarium* and has moderate

bolt resistance. Excellent quality for fresh market and home garden. Sow seeds in late spring through summer. Excellent for cooking, grating, pickling, salad. Store by drying shredded flesh. Can be used to make *takuan daikon*, a pickle in salt, sugar, vinegar and water.

#092 MIYASHIGE, GREEN NECK

(60 days)

One of the most popular varieties used in pickling. The mildly flavored, crisp, white roots have green necks and grow 10-14" long and 3-4" in diameter.

#093 NERIMA (70 days)

This popular, large, long white *daikon* is a traditional variety that comes from Nerimaku of Tokyo, Japan. It grows 15-17" long and has crisp, firm flesh. An easily grown autumn/winter maturing variety that grows best in deep, rich soils. Use in soup, salad, pickled or fresh. *Daikon oroshi* (coarsely grated *daikon* using a Japanese grater) is delicious in sauces used for *soba* noodles, *tempura* and *sashimi*.

#552 OSHIN, HYBRID

(60 days)

Extra slow bolting radish with very late pithiness. It has strong tolerance to cold and medium tolerance to heat. Good variety for close plantings in greenhouse for spring harvest. Radish has a green neck, 13-14 inches length, 2.5-3 inches in diameter. Performs well in California's Coachella Valley, desert and coastal regions.

#264 RELISH CROSS, HYBRID

(60 days)

This variety is the best selling *daikon* in Japan's markets. The radish root grows up to 15" and weighs over 1.5 pounds. The color of the root is white with a green shoulder and has a very late pithiness and late bolting characteristics. This excellent quality *daikon* can be used in cooking, pickling and eaten fresh.

#100 SAKURAJIMA MAMMOTH

(80 days)

This mammoth, round, white root has a mild, sweet flavor. Sow seeds in mid-summer. Harvest when roots reach 10" diameter. Grown in Japan as the "Largest Radish in the World," it sometimes reaches 100 pounds. This giant radish originated in the very southern tip of Japan. Although it does not store well, the inner core remains crisp and juicy, even if the outer part becomes pithy.

#110 SHOGAIN GLOBE (70 days)

Shogoin Globe is a large round-shaped radish, 6-7" in diameter. Roots have white skin with green neck shoulder and white,

firm, and crispy flesh. This variety is well suited for clay soils because the root mainly develops above ground. Excellent quality for cooking and pickling.

#090 TOKINASHI, ALL SEASON

(50 to 60 days)

Tokinashi is a *dento yasai*, or traditional vegetable of Japan. It is a popular, all-season *daikon* with pungency and a nice flavor. Mature roots have firm, white, crisp flesh and are of excellent quality. Roots are tapered and grow to 14" long. This is a slow-bolting, open pollinated variety.

#141 WAKAYAMA WHITE (70 days)

This giant white radish has long, rounded root that is tender and crisp. Sow seeds in late summer to early fall. Harvest when root reaches 12"-14" long. Wakayama White is suitable for pickling or a stir-fry. Vietnamese cooks enjoy it caramelized with fish sauce and sugar in fish and pork dishes and raw in salads.

#551 WHITE CANNON, HYBRID

(58 days)

Excellent radish variety for subtropical areas. The radish has a light green neck, 11-12 inches in length, 3.5 inches diameter, weighing 1.75 pounds. Very strong tolerance to both heat and cold. Medium to late bolting habit and late pithiness. Harvest early fall to winter. Resistant to Virus and Fusarium.

Hot Radish

(*radisshu, hatsuka daikon*)

#376 AKA KARAIN, HYBRID

(60 days)

This unique, prize winning, Japanese hybrid, has bright pink skin and pink flesh with a white core. The roots are cylindrical in shape—about twice as long (6") as they are wide. Lower water content in its firm flesh intensifies its hot, spicy flavor. Popularly used for *daikon oroshi* because of its color and flavor. Stores well for more than 6 months when kept cool.

#259 KARAIN, HYBRID (70 days)

This prize-winning variety of *daikon* radish has a lower moisture content which makes it pungent and spicy. It grows to 6" long and 3" in diameter. Recommended for the grated dish *daikon oroshi*. It has good storage ability when kept cool. Use pickled or fresh and in soup, salad and *tsuyu* (dipping sauce). *Daikon oroshi* (coarsely grated *daikon* using a Japanese grater) is delicious with *soba* noodles, *tempura* and Japanese-type hamburgers.

Korean Radish

#493 ALPINE GOLD, HYBRID

(55 to 60 days)

Developed for spring planting, this Korean-

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radish has a green shoulder, delicious, firm white flesh, and smooth skin. The radish grows 9-11" long and weighs 3-4 lbs. It has resistance to Fusarium Wilt, root cracking, is slow to bolt, and has late pithiness.

#544 ALTARI DOCHON 89,

HYBRID

(55 to 60 days spring, 35 to 40 days fall)

This early maturing, slow bolting Korean radish is tender and crisp with almost no pungency with excellent flavor. This is a *Chong Gak* type of Korean radish also known as an *Altari* type Korean radish with green shoulder. It is suitable for spring and fall crops and its white roots grow 3-4" long. Great choice for kimchee pickling.

#419 BIG TIME, HYBRID

(65 to 80 days)

This spring-type Korean radish can be planted earlier in spring than the Super Luck and Good Luck varieties as it produces good quality roots in cool temperatures and low light conditions. The green-shouldered white radishes grow 6-8" long and 2-3" in diameter. Slow to bolt, good heat tolerance and a lack of pithiness makes this a big time winner! It is available in only Thiram treated seed.

#489 BORA KING, HYBRID

(60 days)

This beautiful *daikon* has purple flesh and skin. It matures at 8-10" long, weighs 2-3 lbs, and has late pithiness. The plant is slow to bolt, and the leaves are deeply serrated and delicious. An excellent variety for specialty market growers.

#491 CHEONG DU, HYBRID

(60 to 65 days)

Cheong Du means "green head". This oval shaped Korean radish has a green shoulder, firm green/white flesh, and excellent flavor. This variety is popular in Korea. The radish weighs 2-3 lbs and grow 8-10" long. It has good virus resistance and stores well.

#652 FALL STORAGE, HYBRID

(60 to 65 days)

Fall Storage Korean radish hybrid is a late summer to early fall planting radish. It has outstanding storage ability after fall harvest of approximately 4 months with no quality change. Very early maturing, up to 15 days earlier over other fall Korean radish variety. Radish had nice green shoulder with white skin. Cold tolerant and intermediate resistance to TuMV, Turnip Mosaic Virus.

#422 PASSION ALTARI, HYBRID

(50 to 60 days in spring, 35 to 40 days in fall)

This early maturing, slow bolting Korean radish is tender and crisp with almost no pungency.

It is suitable for spring and fall crops and its white roots grow 2-3" long and 1" in diameter. An excellent and versatile variety. Optimum growing temperature is between 50-85°F. It is available in only Thiram treated seed.

#492 SHIN DONG HA, HYBRID (60 days)

A fast growing Korean radish with a green shoulder and white flesh. The radish grows 9-10" long and weighs 2-3 lbs. The elongated oval-shaped roots are resistant to bacterial soft rot and store well. Grows in hot, dry areas and can be overwintered in warm areas. Slow to bolt.

Radish Leaf (ha daikon)

#484 SAISAI, HYBRID (30 to 40 days)

This radish variety was developed for the succulent, pale green, non-hairy leaves that are harvested when young and tender. Vigorous foot tall plants are slow to bolt, and can be grown year round. Used mainly in cooking and pickling, young leaves can also be added to salad and stir-fry. A main ingredient in Korean kimchee.

#339 SAISAI PURPLE, HYBRID (30 to 40 days)

The excellent flavor of this Japanese red-stemmed radish leaf will be noticed. The tender green leaves are rounded with slightly scalloped edges and are used still attached to the contrasting stem. This hybrid was developed to use as a baby leaf green. Plants are slow to bolt and can be grown year-round in milder climates. Saisai Purple is also perfect for sprouting. Distinctive for its color and flavor, Saisai Purple is a handsome and nutritious addition to a salad or stir-fry.

Radish for Microgreen (kaiware)

#488 ALL PURPLE RAMBO (5 to 7 days)

A high percentage of dark purple seedlings with a mild, spicy flavor make this a spectacular sprouting radish variety. Ready to harvest at 3-4" tall. Cool temperatures intensify color. Very popular for sprouts and microgreens.

#362 ALL PURPLE SANGO (7 to 10 days)

This is a spectacular variety of microgreen/sprouting radish to add color to your mix. Seedlings are approximately 3-4" tall, most of which are a uniform eggplant-purple color, although some are green or green-purple in color. Cool temperatures intensify color. Popular in micro mixtures for color, flavor and

nutritional value.

#107 CHINA ROSE (7 to 10 days)

This red-skinned and white flesh variety has a hot pungency. In cool areas, sow seeds in early summer to mid summer. In warm areas, sow seeds in spring or late summer to early fall. Harvest when root reaches 4"-6" long. Excellent grown for sprouts. Besides cooking the root, you can make a dish from radish leaves by simmering them in chicken broth until just tender then season with butter and pepper.

#49599 ORGANIC CHINA ROSE

#414 GREEN STEM (10 days)

This variety is specifically used for sprouting and very popular in Japan. Seedlings have a very light green stem and green leaves. They are quick growing, crisp, tender, and have a nice flavor and pungency.

#425 HONG VIT (10 days)

This variety is one of the most popular radish varieties grown for microgreens. As a microgreen, it has green leaves with a red stem. For baby leaf greens, harvest the whole plant as the green leaves have minimal hair and the red roots are very small. With a mild radish flavor, this green is perfect to garnish a salad. Can also be grown to full maturity. Use in salad, soups, *sushi* or as an edible garnish with *sashimi*.

#316 TRITON (10 days)

This strikingly pretty radish sprout boasts the darkest and most intense color among red sprouts. The stems are a lavender violet color at the top near the dark green leaves and turn a reddish plum color toward the bottom.

#283 RED STEM (10 days)

This daikon sprout variety makes the perfect edible garnish that will add a touch of color and spice to any dish. The seedlings have crisp pink-red stems with green leaves. Sow seeds in spring to summer. Bred specifically for sprouting, this quick growing radish is very popular in Japan. Use the sprouts to add zest and accent with *sashimi*, *sushi*, salad, sandwich and soup dishes.

#102 WHITE STEM (10 days)

This radish variety is specifically used for microgreen/sprouting. Seedlings have crisp white stems with green leaves. They are quick growing, crisp, tender, and have a nice flavor and pungency.

Small Radish

(radishu, hatsuka daikon)

#106 CHAMPION (28 days)

Champion is large, round-oval radish with

bright cherry-red color. Vigorous, medium tall tops with strong attachments, along with roots which are very late to become pithy. Champion is a standard for short-day or cool season bunching.

#628 CRUNCHY ROYALE, HYBRID (25 days)

Crunchy Royale is a dark red, round radish with 4" tops. Grows well under cool conditions and tolerant to pith. It yields high quality and extremely uniform roots. Overall, Crunchy Royale offers excellent internal and external color. Excellent radish for market growers.

#099 FRENCH BREAKFAST (22 to 30 days)

This heirloom radish has red skin with a white tip. The small, crisp, 2" cylindrical roots have a mildly pungent flavor.

#331 SHIRAHIME HATSUKA DAIKON (20-50 days)

These small white radishes grow to 4" long and ½" in diameter. They can be harvested as early as 20 days after planting. If temperature extremes are avoided, it is hardy enough to grow year-round. A mild flavor and crisp texture makes them an excellent choice for fresh salads or pickling.

#196 WHITE ICICLE (29 days)

This heirloom radish is very popular in Japan. The tapered roots have white skin and flesh and grow to about 5-6" long and 1" in diameter. Very crisp and mild when harvested young. It stores well and is perfect for pickling.



SESAME *Sesamum indicum* (goma, zhi ma)

Sesame is fairly easy to grow in a hot, tropical climate and produces tan, black or white seeds that are delicious roasted and added to stir-fries, dressings, soups, and rice and noodle dishes. The seeds can also be crushed to extract oil or used to make Tahini. In Korea, the leaves, which are packed with vitamins, are eaten as well. Mature plants can reach 2'-3' tall and are handsome, with pink or white flowers. Sow seeds in late spring to early summer.

#084 KINGOMA (85 days)

This tropical plant is grown for its flavorful tan color seeds. Sesame grows best in hot weather and must have well-drained soil. Sesame seeds are used in all Asian cuisines.

#151 KUROGOMA (85 days)

This tropical plant is grown for its flavorful

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black seeds. Sesame grows best in hot weather and must have well-drained soil.

#117 SHIROGOMA (85 days)

White sesame seed is easy to grow and delicious roasted. This tropical plant likes long hot summers. Typically, seeds are roasted before using and then used whole, crushed or ground. Korean cooking makes use of sesame seeds, especially in soups and as a dressing for lightly cooked vegetables.



SORREL

#381 LARGE LEAF SORREL

Rumex acetosa (60 days)

Sorrel has a sour, lemon flavor. The bright green, oblong leaves and long stems have a growth habit similar to spinach. Use as an herb and vegetable. Leaves can be harvested over a long season. Re-seeds readily, so cut flowers to avoid seed set. Used in African, Asian and Western cooking.

#487 RED VEINED

Rumex sanguineus

(Harvest for baby leaf, 30 to 40 days)

Bright green leaves with a rich red stem and veins make this an eye-catching addition to salads. Young and tender leaves have the same tangy, lemon flavor as regular green sorrel. Good for baby leaf.

SPINACH

Spinacea oleracea



(*horenso*)

These heat-tolerant Japanese varieties of spinach are a perfect summer vegetable. In Asia, spinach is commonly used

in soups. The Chinese also cook it with noodles and stir-fries. The Japanese braise it and serve it topped with sesame dressing. In India, spinach is pureed with spices and butter. Rich in vitamins A and B2 and minerals such as iron and calcium, these two varieties can be prepared as you would cool-weather varieties of spinach. Sow seeds in spring or fall.

#306 AKARENZO, HYBRID (50 days)

This spinach variety is truly one of Japan's best selections for salad innovations. The leaves are pointed with a slight serration, typical Japanese characteristics, but it is the attractive red-purple stems and leaf veins that make it interesting. This soft-textured spinach is light with tannins, and has a very mild flavor that is excellent in salads. When cooked the spinach retains its color. Plant late spring to early summer. It is only available in Thiram treated seed.

#038 ALRITE, HYBRID (60 days)

This early maturing hybrid Japanese spinach has broad, smooth, dark green pointed leaves. The upright plants are adaptable to many growing conditions and resistant to downy mildew. Alrite is heat and cold tolerant with moderate bolt resistance. It is an excellent choice for fresh market and home garden growing.

#547 DASH, HYBRID (60 days)

Extra-early spinach hybrid that suitable for growing under low temperatures, especially during winter in warm areas. Cold tolerance for fall to winter harvest and can tolerate some heat. The upright growing plants have good leaf shape, medium green color, excellent flavor and uniformity. Medium bolting.

#569 LAKESIDE, HYBRID

(40 to 60 days)

Lakeside has uniform thick dark green smooth leaves. It has a round to oval leaf shape with an upright plant habit that makes it easy to harvest. It is a very versatile variety for it can be used for baby leaf, bunch or clip. High resistance to Downy mildew, *Peronospora farinosa* f.sp. *spinaciae* 1-9, 11, 15, UA1014 and intermediate resistance 12, 14.

#570 OCEANSIDE, HYBRID

(40 to 60 days)

Oceanside is a slow to moderate growing dark green spinach variety. It has nice thick leaves that are upright in plant habit. Oceanside has uniform smooth round-oval leaves. Oceanside is a versatile variety it can be used for baby leaf, bunch or clip. High resistance to Downy mildew, *Peronospora farinosa* f.sp. *spinaciae* 1-9, 11, 13, 15-16 and intermediate resistance 12, 14.

#123 OKAME, HYBRID (53 days)

An early-maturing hybrid, this Japanese variety is recommended for summer harvest as it tolerates hot, dry conditions, is slow to bolt, and has good resistance to downy mildew. This variety has thick, medium green lobed leaves and is resistant to downy mildew 1 & 2 and high tolerance to 3.

#571 SEASIDE, HYBRID (40 to 60 days)

Seaside is a very uniform baby leaf variety. It has a moderate growth rate and an upright plant habit. Seaside has a nice, smooth, thick, very dark green, spade-shaped leaf making it a perfect choice for baby leaf growers. Seaside also has downy mildew resistance for growers who require a premium disease package. High resistance to Downy mildew, *Peronospora farinosa* f.sp. *spinaciae* 1-11, 15-16 and intermediate resistance 12, 14.

SQUASH



In the context of Asian cuisine, "squash" most often refers to winter squash, or Japanese pumpkin. There are some very nice less

familiar varieties of summer squash, however, that offer a refreshing alternative to the West's zucchini, particularly in terms of their flavor. While winter squash must be cooked, summer squash can be eaten raw in a salad or with a dip. Some Indian curries call for summer squash, as do Korean soups and stir-fries. Asian winter squash varieties are excellent in tempura, stir-fried or baked. Quite different in appearance from the Western orange pumpkins used most notably for Jack-O-Lanterns in the United States, Japanese pumpkins tend to have greenish outer skin and yellow flesh. The Japanese prepare the sweet flesh by simmering peeled chunks in chicken broth and dashi and flavoring with sugar, soy sauce and salt. Chinese cooks stir-fry pumpkin with pork and mushrooms or make it into a soup with pork or fish. Thai cuisine braises it with coconut milk and seasonings. These pumpkins are highly nutritious and can be used in sweet and savory recipes. Sow seeds in late spring to early summer.

Shark Fin Squash

Cucurbita ficifolia

(*kurodane kabocha*)

#515 GOM BO (90 days)

This squash or melon is known as Shark Fin squash, Malabar gourd, Seven Year melon. It is grown for its edible seeds, fruit, and greens. Fruit skin color is cream-white color with green stripes and average 6-8" long and 4 lbs in weight. When cooked the flesh become noodle-like. Asian cuisines use it in soups and is a good substitute for the shark fin in shark fin soup. In Asia, it is implied that eating this melon will help a diabetic condition. It is available in only Thiram treated seed.

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Summer Squash

Cucurbita moschata
(ho bak)

#636 GREY ZUCCHINI

Cucurbita pepo (55 to 65 days)

Grey zucchini also known as Mexican Grey squash, Middle Eastern squash or Lebanese squash, is a summer squash with pale green skin with flecks of light green-grey color. The fruits are cylindrical tapered shape growing 6-8" long. It is a semi-spiny bush plant with heavy early yields. Flesh is firm and mild tasting.

#621 KING KA AE, HYBRID

Cucurbita duschesne (55 to 70 days)

Excellent tasty Korean summer squash. Fruits have smooth and shiny skin and best harvested when 5-6" long. Flesh is very dense and has a soft texture. This variety can have a long growing season from under row cover to open field. Suitable growing temperatures range from 80-85 °F.

#637 ROMANESCO **Cucurbita pepo** (55 to 65 days)

Romanesco is a cocozelle squash type. It is also known as *Costata Romanesca* or Ribbed Roman. Fruit are long with pale green flecks and ribs on dark, grayish green skin. Flesh is firm and very flavorful. Heavy producer of male blossoms for cooking too. Plant has large leafed trailing vines.

#441 TEOT BAT PUT, HYBRID

Cucurbita moschata (65 to 70 days)

This summer squash is nicknamed avocado squash because of its shape. It has glossy deep green skin, light yellow flesh, and a wonderful, sweet flavor. With moderate plant vigor, it is easy to grow and has good fruit set due to short internode spacing and a narrow stem. Ripe fruits measure about 4" in diameter and about 6" in length.

Winter Squash

Cucurbita maxima

(kabocha, nan gua, calabasa, bi ro, vilayati kaddu)

#043 BLUE KURI (95 days)

A traditional heirloom Japanese kabocha squash that has globe-shaped fruit with blue-green skin. The flesh is thick, yellow and very sweet. Fruit matures to 2-3 lbs and is 6-8" in diameter. The plant has a vine growth habit.

#617 CALABAZA DE CASTILLA

Cucurbita moschata (100-110 days)

This winter squash pumpkin variety has rustic light brown color hard skin, with deep sutures at full maturity. Large fruit weigh about 15-20 lbs. The flesh is a rich deep orange to make

your *Calabaza en tacha*, Mexican candied pumpkin and creamy pumpkin pie filling. This winter squash is also known as a traditional variety of France, *Musquee de Provence*, or Fairytale. Vigorous vines.

#042 CHIRIMEN (100 days)

Chirimen is a traditional kabocha squash, dento yasai, of Japan. This tasty variety of Japanese pumpkin forms a flat globe with distinct ribs and warts (resembles cauliflower) that can reach 8" in diameter. The dark green skin matures to a buff color. Creamy yellow, moist thick flesh has a sweet and nutty flavor.

#046 DELICA, HYBRID (105 days)

Adaptable to many growing and soil conditions, this plant consistently produces 4-5 lb. high quality, flat, globe-shaped fruit with dark green rinds. Its thick and dry yellow flesh has a very sweet nutty flavor that makes it one of the most popular ebisu varieties grown in Japan. Grows well in cool areas and stores well.

#160 HOKKORI, HYBRID (100 days)

One of the best tasting *kabocha* squashes, this ebisu type is very popular in the Tokyo region. The globe shaped 3-3.5 lbs. fruits have dry and sweet deep-yellow flesh with dark green skin. Each vine yields 3-4 very uniform fruits. Has good shelf life. This squash is excellent in *tempura*, stir-fried or baked. Freezes well.

#388 HOKKORI 133, HYBRID

(45 to 50 days after flowering)

This hybrid combines the best of Delica productivity and the nutty, dry texture of Hokkori. Slightly flattened, globe-shaped fruit have black-green skin and sweet orange-yellow flesh and weigh between 3.75 to 4 lbs. Very vigorous and early, it requires less fertilizer in the early stages of growth than other varieties. Stores well.

#378 KOGIKU (30 days after fruit setting)

An early maturing and disease resistant high producer, this large Japanese pumpkin has uniform 2 lb. fruits. Dark, textured, shiny green skin with 17 to 20 slits, covers flavorful and sweet, dark yellow flesh. Popular with Japanese caterers, professional chefs, and the gourmet food industry.

#385 KURINISHIKI, HYBRID

(45 days after flowering)

This winter squash hybrid produces uniform dark green fruit with vertical light green stripes and marks. The fruits are medium-sized weighing over 3 lbs that are globe-shaped and somewhat flat with a small seed cavity. The flesh is bright yellow-orange, sweet and tasty. Its uniformity, vigorous growth and excellent flavor make Kurinishiki the leading kabocha squash grown in the United States, Mexico

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and South America and exported to Japan.

#246 SHISHIGATANI

Cucurbita moschata (110 days)

Since the Edo period of the early 1800s, this special Japanese pumpkin is one of the *kyo yasai*, or traditional vegetables in the Kyoto region. This *kabocha* squash is used in *shojin ryori*, a type of vegetarian cooking prepared by Buddhist priests. The fruit skin is distinctly ribbed and warted and ripe when the skin turns light brown. The flesh is a delicate light yellow color.

#291 SWEET DUMPLING

Cucurbita pepo (90 days)

This squash is as ornamental as it is tasty. The small 8-10 oz. fruits have cream skins with dark green mottled stripes. The flesh is light yellow, sweet and delicately flavored. The plants are vigorous and high yielding. Great as an ornamental and stores well. Use in *tempura*, stir-fries or in soups. In Japan, they are often stuffed with meat and baked.

#277 SWEET MAMA, HYBRID

(45 days after flowering)

This Japanese *kabocha* squash is an All American Selections Winner. It has a distinct growing habit and produces a vine with almost no side branches. The 3-4 lb fruits have dark green skin and are borne close to the root end making it possible to interplant these vines quite closely. The flesh is dark yellow, dry, sweet and nutty. This variety is great for home garden and market growers. Stores well.

#393 TETSUKABUTO, HYBRID

Cucurbita maxima x Cucurbita mochata
(45 to 50 days after flowering)

This Japanese winter squash hybrid produces nearly round fruit. Fruit weigh between 4.4 to 5.5 lbs. Under the dark black-green mottled skin, the firm flesh is a deep yellow-orange color with an excellent sweet, nutty flavor. This vine grower does require pollination and also may be used as a rootstock for grafting watermelon, melon and cucumber to prevent diseases. Tetsukabuto squash store well and are very popular for use in curries and *tempura*.

#045 UCHIKI KURI (100 days)

An early, improved selection of Hubbard squash. This Japanese variety has an almost smooth orange-red rind and thick creamy yellow flesh that has a very sweet and nutty flavor. Weighs about 3 lbs when mature.

#085 VEGETABLE SPAGHETTI

Cucurbita pepo (90 days)

This Japanese strain open-pollinate variety has spaghetti-like flesh after it is boiled or baked. Harvest when fruit reaches 6"-8" in diameter. For a low-calorie "pasta" meal, bake or boil,

then fork out the yellow flesh and serve with spaghetti sauce.

SWISS CHARD

Beta vulgaris var cicla

(*fudanso*, *tojisa*, *kwoon taat tsoi*, *paak tim tsoi*)



Chard is most commonly recognized by gardeners and commercial growers as a tall stalky green known as Swiss Chard. Chard is

actually a variety of beet. The Japanese chard, called *fudanso*, is also known as leaf beet, spinach beet, leaf chard. This shorter stalked variety has glossy deep green leaves that are slightly waved with small mid ribs. This chard is tastiest when harvested young and the leaves are tender and mild flavored. *Fudanso* is an excellent choice for baby greens in salads and stir-fry. In Japan, the vegetable is most commonly parboiled and then soaked in water to remove some of the acrid taste. *Fudanso* does well in cool season planting, but can also withstand heat, making this hearty green a good choice for growing from spring to winter. Sow seeds in spring or fall.

#360 FANTASIA ORANGE

(53 to 60 days)

The stalks, midribs and leaf veins of this attractive variety are a carrot-orange that stays bright even when cooked. The shiny dark green savoyed leaves can be harvested small as a salad green or allowed to mature for bunches. A cold tolerant green, it can be harvested after the first frost. Good in recipes that use pak choi or spinach. Use small leaves in salad.



#357 GOLDEN SUNRISE

(60 days)

Rich, slightly savoyed green leaves and deep golden stalks, midribs and veins make this a striking beauty. Holds excellent color both when harvested for baby leaf and when fully mature at 2' tall. Very productive plants are tender and succulent with a good flavor. Tolerates slight frost.



#358 MAGENTA SUNSET

60 days)

Swiss chard is also known as stem chard, spinach beet and leaf beet. This variety has a brilliant magenta-colored stalk that is tender and narrow. The attractive medium dark green leaves are nearly flat when harvested at 2-3" as a baby green and slightly savoyed at maturity. This heat tolerant variety will also tolerate light frost. Use in recipes that use pak

choi or spinach. Baby leaves add a mild flavor and lovely color to salads. Sauté, steam or boil mature leaves and stalks.



#359 RUBY RED (60 days)

Bright crimson stalks, midribs and veins contrast nicely with the dark green slightly savoyed leaves of this variety. Mature plants grow to about 2' tall with narrow stalks. Popular for baby leaf and microgreens.



#280 UMAINA (55 days)

This tender Japanese chard variety has broad leaves that are deep green, slightly savoyed, and have short pale green midribs. It can withstand both hot and cold temperatures and is very slow to bolt. Good for fresh market and home garden growing.

TOMATO

Solanum Lycopersicum

(*tomasu*)



As a relative latecomer to Asian cuisine, the tomato is not featured in Asian cookbooks. It does feature largely in the home garden, however, and

there are a number of quite tasty Japanese varieties. The pink fruited tomatoes of Japan offer unique sweetness and low acidity. India employs the tomato in a variety of chutneys, curries and soups, including a delicious spicy tomato and onion soup. The Japanese also pickle green tomatoes. Start seeds indoors 6 weeks before last frost date and transplant when weather warms. Momotaro series does not perform well over 90° F.

#341 GRANDEUR, HYBRID

(70 days from transplant)

This high quality indeterminate hybrid from Japan is a vigorous producer of uniform, firm, deep-red tomatoes with a green shoulder. Large fruits can weigh over 1/2 lb each. Early and vigorous, it has large leaves and short internodes. The hardy plants produce 5 to 6 fruits per cluster and are resistant to heat and cracking. Resistant to verticillium, fusarium 1 and 2, stemphylium and TM1. This tomato is a great choice for home or commercial growing.

#403 KATANA, HYBRID

(60 days from transplant)

This is a consistent producer of uniform, firm, beefsteak fruits with smooth shoulders. A hybrid semi-determinate variety, the plants yield a continuous harvest throughout the season. Resistant to fusarium races 1, 2 & 3, verticillium, nematodes, tomato mosaic virus, and TYLCV.

#455 MANDARIN

(80 to 86 days from transplant)

This open pollinated indeterminate variety has deep orange persimmon colored fruit. The ripe fruit has a robust flavor with a higher acid content than most yellow-orange varieties. Firm flesh makes it a good slicer. The medium size plants produce lots of medium sized fruits (average 10 oz.). Prepare fresh or cooked. Use in stir-fries, soup or salad. Chefs love this tomato as the persimmon color makes beautiful sauce.

#111 MOMOTARO, HYBRID

(60 days from transplant)

This hybrid is the dominant fresh market tomato grown in Japan. It is one of the most perfect, attractive, deliciously sweet tomatoes available. An extra early indeterminate variety, it is vigorous, has medium sized leaves, a medium short internode, and 6-7 fruits per cluster. Mature pink fruits have green shoulders, weigh about 1/2 lb each and are tolerant to cracking. It has a long shelf life and is a good choice for shipping.

#541 MOMOTARO GOLD, HYBRID

(80 days from transplant)

Momotaro Gold has finally made it to the US market! It is one of the most popular orange tomatoes in Japan. This variety has orange fruit color with nice flavor and firm flesh making it a good slicer. Fruit are medium size weighing under 1/2 lb. Plant is indeterminate, medium sized leaves with short internodes. Can be grown for summer through fall harvest under plastic or high tunnel. Disease resistance ToMV (Tm-2a), Fusarium race 1, Fusarium race 2, verticillium, Stemphylium, nematode (Meloidogyneincognita).

#240 ODORIKO, HYBRID

(70 to 75 days from transplant)

This strong plant produces a good harvest of large Japanese-type pink flesh tomatoes. Exceptional flavor and blemish-free fruits make it a great choice for the home garden and gourmet market.

#281 SUN GOLD, HYBRID (60 days from transplant)

This is the most popular cherry-sized tomato. From Japanese origin, this orange cherry variety has an incredibly sweet, almost fruit-like flavor. It has a high Brix count of 9-10 and weighs about 1/2 oz. Plants are large and hardy, resistant to fusarium race 1 and ToMV (Tm-2a).

#334 SUNCHERRY EXTRA SWEET, HYBRID (60 days from transplant)

Suncherry Extra Sweet is a leading variety in Japan. Colorful and sweet, these bite-sized, deep red cherry tomatoes can be harvested over a long growing season with steady fruit

set. They resist cracking and are particularly disease resistant to fusarium wilt race 1 and TMV. The fruits are very sweet with a 9-10 brix degree in sugar content.

#282 SUPER SWEET 100,

HYBRID (65 days from transplant)

The name says it all—these very sweet red cherry-size fruits are borne in large clusters and produce over a long season. Plants are large and hardy, resistant to fusarium 1 and verticillium. This is an indeterminate variety. Eat fresh out of hand or in salads.

TOMATILLO

Physalis ixocarpa

Tomatillos are native to Mexico and are in the



same Nightshade family as tomato, eggplant and pepper. They are immediately identified by their papery husk, similar to the poha berry. The fossil history of

the tomatillo dates back millions of years, with the Aztecs being credited for domesticating the wild plants into the plump fruits we enjoy today. Sow seeds indoors, 6 weeks before last frost. Transplant when weather warms.

#638 VERDE (68-70 days)

Verde grows 8' vine bearing fruit 2-3" in size. The green fruits grow in a husk and have a sour richness that adds flavor to sauces and dishes. Make your own *tomatillo salsa verde!*

TURNIP

Brassica rapa subsp. rapa

(*kabu, kabura, wu jing*)



Turnips are prepared in Asia in much the same way as radishes. Often pickled, they are also steamed, added to stir-fries or grated or chopped raw into a salad. The young flavorful greens are stir-fried or added to soups. Some

varieties produce greens particularly suited for pickling, such as Nozawana below.

#520 FUKU KOMACHI, HYBRID

(40 to 45 days)

Fuku Komachi has one of the slowest bolting habits compared with other turnip varieties for colder temperatures and quick growing under low temperatures. Root are globe-shape, pure white, tender and late pithiness. Excellent quality.

#327 HAKUREI, HYBRID (35 days)

This outstanding Japanese turnip has an excellent sweet and mild flavor that makes it a favorite ingredient. The slightly flattened round roots are crisp, smooth and white. The smooth dark green tops can be eaten as well. The texture of the flesh stays smooth as it matures. The plants tolerate cool temperatures and mature early.

#138 HIDABENI (45 to 50 days)

Hidabeni turnip is a Japanese traditional vegetable, *dento yasai*, grown in the Hida region of Gifu prefecture. This scarlet skinned Japanese turnip produces a flattened semi-globe shaped root. The flesh is white, mild and has good texture.

#224 HINONA KABU (40 days)

A unique, long, thin, mild-flavored turnip that has a red top, and the bottom two thirds are white. It measures 1.5" wide and up to 12" long. This traditional Japanese vegetable or *dento yasai* originated in the Shiga prefecture in the 1470's. Used to make *sakura zuke* or cherry blossom pickle. See recipe on our website.

#568 KANAMACHI (40 days)

One of Japan's best open pollinated Japanese turnip! Its flesh is tender, smooth, white. The roots are slightly flattened and have great flavor. This early variety is good for growing in both spring and fall. Can be harvested small or left to mature to 2" in diameter. Young greens are delicious too. This variety is very similar to Tokyo Market variety.

#116 NOZAWANA (40 days)

This traditionally selected Japanese turnip is grown specifically for its dark green, long leafed greens and stalks. Cold and heat tolerant. It has a delicious mild flavor, tender texture, and is often used for pickling.

#546 OASIS, HYBRID (35 to 60 days)

Oasis is one of the best tasting Japanese turnips you can grow. It can be harvested at any size with a surprisingly sweet juicy flavor. Turnips are semi-globe shape with late pithiness and late bolting. High tolerance to Downy mildew and Virus. Ideal for summer and autumn harvests. Not recommended for winter crop.

#109 PURPLE TOP WHITE GLOBE

(55 days)

This is an outstanding all-purpose variety turnip. The round purplish top turnip can reach 5" in diameter. The young leaves can be cooked as greens, stir-fried or used in soup. The root is excellent raw, for pickling or cooking.

#416 RED ROUND (50 days)

This variety is a traditional Japanese turnip. The root is semi-globed with deep scarlet red skin

with white flesh that is tender and crisp. It has a delicious, sweet flavor when harvested young to full maturity. Turnip tops are green with red veins and stems.

#180 SHOGOIN (70 days)

The Shogoin turnip is one of the oldest traditional Japanese turnips. It produces a large, globe turnip that can reach 6-8" in diameter but is most tender when harvested at 4". It is grown for both its delicious mild green tops and fine-grained roots. The broad leafy greens grow to 20" in height. Flesh is firm and crispy.

#580 SUGUKINA (70 days)

Sugukina turnip is a traditional vegetable, *dento-yasai*, in Kyoto Japan. The production of this vegetable is in the area of Kamigamo, Kyoto. While it can be eaten fresh like any other turnip, its main use is for pickling. Suguki pickles (*Sugukizuke*) have been produced for generations in Kyoto for over 300 years. Most recently, researchers have started to become interested in *Sugukizuke* for its reported flu-fighting properties.

#344 TENNOUJI KABURA

(45 to 50 days)

The Tennouji Kabura is one of the oldest traditional Japanese turnips. It was originally a specialty of the Osaka Tennouji district, where it thrived during the Edo era in the 17th, 18th and 19th centuries. The Tennouji is a close relative to variety #116 Nozawana, when its seed was sown in 1756 in the mountainous region of Nozawa. This variety produces large leaves and is appreciated for its aroma and flavor, particularly pickled or dried.

#118 TOKYO CROSS, HYBRID

(30 to 60 days)

Tokyo Cross hybrid variety is an All American Selection award winner. It can be harvested at any stage, small to large size roots (up to 6" diameter) without getting pithy. These turnips have a perfect globe shape with smooth skin and sweet, mild, crisp flesh. They mature early, are late bolting, and have good flavor.

#412 TSUGARU SCARLET, HYBRID

(55 days)

These scarlet skinned, globe-shaped, hybrid Japanese turnips have pure white flesh that is tender and crisp. They have a delicious, sweet flavor when harvested young to full maturity.

RECIPES

Basic Su

A universal Japanese flavored sweet/sour dressing that is used on many foods. It is the seasoning for making sushi rice, it is the salad dressing for the delicately sliced fresh vegetables in sunomono and namasu or it is the vinegar seasoning to use on vegetables for suzuke.

- 1 cup sugar**
- 1 cup white vinegar**
- Salt to taste**

Combine sugar and white vinegar in a saucepan on low heat. Stir to dissolve sugar. Add salt to taste. Remove from heat as soon as sugar dissolves. Cool to room temperature. Basic Su can be prepared in advance and stored in the refrigerator.

Sunomono Salad

Thinly slice any Japanese, Armenian or Thai cucumbers, Japanese eggplants, shiso leaves, red onions, green peppers, etc. Put in a large salad bowl. Lightly dress with Basic Su and toss.

Suzuke

Slice any one or two types of vegetables such as daikon radishes, red and small radishes, carrots, Japanese turnips, or just a red onion. Dress with Basic Su and serve in 1-2 hours. Keep leftovers marinated in the Basic Su (becomes almost pickled-like) and store in refrigerator.

Bitter Melon

This is a home-style recipe to experiment with bitter melon. Bitter melons are bitter! If you haven't acquired a taste for them, about a 3-minute parboil before adding them to a recipe will reduce the bitterness.

- 1-2 slices of bacon**
- 4-5 bitter melons**
- 2-3 tablespoons soy sauce**
- 2-3 tablespoons sugar**
- 1/2 cup water**

Slice bacon into 1/4" pieces and sauté until done. Cut bitter melons in half lengthwise and remove seeds. Slice into 1/4" thick pieces and add to cooked bacon. Add soy sauce, sugar and water and cook until desired doneness.

Bitter Melon with Egg and Tofu

This recipe is shared to us by Terry Tsurue Combs. She learned to make it from Okinawan friends when stationed in Okinawa.

- 4 bitter melons**
- 4 eggs**
- 4 tablespoons cooking oil**
- 1/2 brick medium/firm tofu**
- 2 tablespoons soy sauce**
- 1/4 cup dried bonito flakes**
- Salt/pepper to taste**

Cut bitter melon in half and scoop out seeds. Slice into 1/4 inch thick pieces. Soak in cold water for 3 minutes and drain well. Cut tofu into small cubes. Heat oil in wok. Add bitter melon to hot oil and stir fry until bitter melon is soft. Add salt/pepper to taste. Add tofu and cook a minute longer. Add eggs and scramble with the bitter melon mixture until egg is set. Move bitter melon mixture to one side of wok. Add soy sauce to uncovered side of wok. When soy sauce is bubbling, mix all ingredients. Add bonito flakes and stir. Serve with hot rice.

Bitter Gourd Salad (ensaladang ampalaya)

You won't believe how delicious raw bitter gourd can be! Salting the bitter gourd first draws out the extra bitterness. This salad is bright, refreshing, and crunchy- perfect for a summer picnic. Recipe courtesy Aileen Suzara.

- 1 large bittermelon, seeds and innards removed, thinly sliced, salted**
- 1 small red onion, thinly sliced, salted**
- 1 sweet pepper, thinly sliced**
- 1 tomato, cubed or 1/2 cup cherry tomatoes, sliced**
- 1 cucumber, sliced thinly**
- 5 Tbsp lime juice**
- 1 Tbsp vinegar (rice or apple cider)**
- 1 Tbsp honey**
- 1 tsp minced ginger**
- Salt and pepper**

1. Let bittermelon sit in salt for at least 30 min. Rinse, squeeze well, and pat dry. Squeeze the onions and pat dry.
2. Mix the lime, vinegar, honey and salt. Combine with bittermelon, onion, and pepper.
3. Add the cucumber just before serving. Season to taste.

Chin Baung Kyaw - Fried Sour Leaf

Chin Baung Kyaw is a popular vegetable Burmese dish. The flavor is mouth-watering sour, spicy, and savory. The main ingredient is fresh roselle leaves. Fried roselle leaves goes well with hot rice.

- 1 lb fresh Roselle leaves**
- 1/2 cup julienne sliced bamboo shoots**
- 6-8 garlic cloves**
- 2 shallot or equal amount of shallot to garlic**
- 2-3 teaspoons of hot chili powder or ground chili flakes**
- 2-3 tablespoons of canola oil**
- 1/2 cup fresh shrimp cut into 4-5 pieces or 1/4 cup of dried shrimp**
- Sugar to taste**
- 1 teaspoon tumeric**
- 1 teaspoon paprika**
- 2-3 tablespoons of fish sauce**
- 3-5 fresh green chili**

Pull roselle leaves from stem, washed, drain, and put aside. Pound or food process dried shrimp (if using this ingredient) and garlic separately. Thinly slice shallots. Heat pan and add oil. Add garlic and shallots and fry until slightly golden color. Stir and add tumeric, paprika, and chili powder. Add a little sugar for flavor. Add shrimp and stir to coat with sauce. Add bamboo shoots. Add roselle leaves and stir gently in a scooping motion. Cover and simmer until leaves are cooked. Add fish sauce and scoop from bottom to top. Uncover and continue cooking until desired texture and water is absorbed. Top with fresh green chili.

Burdock

Burdock or gobo is a long, fibrous root that can be eaten raw (sliced in salads) or cooked. A familiar recipe is Kimpira.

Kimpira

- 1/2 lb of gobo**
- 2 tablespoons vegetable oil** (can use a little sesame oil)
- 1/4 cup soy sauce**
- 2 tablespoons sugar**
- Cayenne pepper**

Scrape the exterior of the root with a sharp knife to remove the skin. Cut gobo into thin

RECIPES

matchstick size. Soak in water 15 minutes and rinse. Do this a couple of times. Soak gobo in ice water, drain and pat dry (the gobo may be frozen at this point for later use). Add oil to hot pan and sauté gobo for 3-4 minutes. Add all ingredients and cook until all the liquid is absorbed. Take off heat and add cayenne pepper to taste.

Salada Gobo

Try this salad gobo recipe. The earthy flavor and aroma from the burdock root is truly defined.

2 teaspoons mayonnaise

1 teaspoon vinegar

1/2 teaspoon salt

1 teaspoon sugar

Sesame seed (Add all ingredients to your desired taste)

Scrape the exterior of the root with a sharp knife to remove the skin. Cut gobo into thin matchstick size. Blanch the burdock for a minute or two. Immediately soak burdock in ice water, drain and pat dry. Mix above ingredients to desired taste and dress over the cold burdock. Serve cold.

Edamame

Grow soybeans in your kitchen garden for the freshest snack. Edamame is a good choice as an appetizer too. Bite on the cooked pod and out pops the beans.

Green or black soybeans

Salt

Water

Wash fresh podded soybeans. Add them to salted boiling water. Boil for 5 minutes or less. Taste test for the desired doneness.

Auntie Betty's Takuan Tsukemono

Auntie Betty's takuan tsukemono is the best! The tsukemono is crunchy, salty, spicy, and sweet. Enjoy these pickles alone or along with your meal.

6 large Daikon (giant white radish)

6 tablespoons of salt

3 cups sugar

1/2 cup vinegar

1/2 teaspoon tumeric

Chile pepper (optional)

Wash daikon thoroughly and cut daikon into 1/2" x 1 1/2" pieces. Place in large pan for future mixing. Bring to boil salt, sugar, vinegar, and

tumeric. Quickly pour this liquid over over the cut daikon. Let stand 2-3 hours and mix occasionally. Pack daikon into a sterile glass jars. Pour remaining liquid in jars covering daikon. Add chili peper (optional). Cover with lid. Refrigerate. This tsukemono is not intended for long keeping.

Deep Fried or Grilled Japanese Eggplants

Japanese eggplants, nasubi, are often deep-fried, su-age, or grilled because of their full flavor and beautiful purple color. The flesh and skin are very tender and rarely bitter. Soaking eggplants in water will reduce or remove the bitterness.

Japanese Eggplants

Peanut, canola or vegetable oil

For deep-frying, leave Japanese long eggplants whole and cut 3-4 slits through the skin and for Japanese round eggplants cut in half. Then deep fry until the center of the eggplant is soft.

For grilling, leave Japanese long eggplants whole and brush the eggplant with oil and poke a few holes through the skin. Put on a hot grill. Turn eggplants so they will cook evenly. If the skin gets charred, place the eggplants in cold water and peel off the charred skin.

Dip the cooked eggplants as you are eating them into the Ponsu sauce with grated daikon.

Auntie Aki's Sanbai Zuke

Crunchy and delicious Sanbai Zuke pickles. Auntie Aki has made this tsukemono for many years and we wanted to share this recipe with our customers to try and enjoy.

2 medium daikons (giant white radish)

1 small cabbage

4 small cucumbers

4 carrots

1 small package kiri konbu

1 small package dry renkon (lotus root)

Wash all vegetables thoroughly. Cut daikon, cabbage, cucumber, and carrots into small bite size pieces. Salt vegetables. Place weight on top of vegetables and set over night. Next day, drain vegetables and squeeze water from vegetables. Set aside.

Soften kiri konbu by soaking in water. Cook dry renkon until tender yet crunchy, Cool renkon. Cut kiri konbu and renkon into small pieces. Add to vegetables.

SAUCE

4 cups sugar or (1 cup mirin + 3 cups sugar)

1 cup soy sauce

3/4 cup white vinegar

Ginger (grated or sliced)

1 cup water

1-2 chili peppers

Combine sugar, soy sauce, and vinegar in sauce pan. Heat until sugar is dissolved. Add ginger and chili peppers. Remove from heat and cool slightly.

Add vegetable mixture to sauce and let set for 1 hour, mix occasionally. Drain sauce (and save) from vegetable mixture. Bring to boil the drained sauce and cool slightly. Add the vegetable mixture to sauce. Do this process 2-3 times until vegetable mixture is to desired flavor. Place in sterilized jars. Refrigerate. Pickles are ready to eat in 3-5 days.

Kabocha (Japanese Pumpkin)

Kabocha can be easily prepared to fully enjoy the flavor and texture of the winter squash. It can be served hot or cold depending on the time of year.

1 kabocha

Chicken broth or dashi

2 1/2 tablespoons sugar

1 tablespoon mirin

1 1/2 tablespoons soy sauce

Cut kabocha in half and remove stringy portion and seeds. Peel any skin defects. Slice into chunks approximately 1 1/2" x 1 1/2". Place chunks with skin side down in a large pot. Add enough chicken broth or dashi to cover kabocha, add sugar and mirin. Cover with lid. Bring to a boil and reduce to medium heat for about 10 minutes. Add soy sauce and continue to cook for 7-8 minutes or until a fork can penetrate the kabocha. Uncover the pan and remove from heat. Let the kabocha set awhile so the chicken broth/dashi gets absorbed.

RECIPES

Roasted Kabocha (Japanese Pumpkin)

This recipe is so simple and delicious you can hardly wait for next summer to grow more kabocha.

1/2 - 1 kabocha (depending on size of kabocha and servings needed)

Olive Oil

Salt

Heat oven to 475° F. Cut kabocha in half and remove stringy portion and seeds. Peel any skin defects. Slice into chunks approximately 1 inch x 1 inch. Place chunks of kabocha in a roasting pan. Drizzle with olive oil and salt to taste. Occasionally, toss kabocha to prevent burning. Roast for 15-20 minutes.

Ichiyazuki (One night pickling)

Ichiyazuki is a salt pickling and is the easiest, fastest and most popular way of pickling. Basically, vegetables are washed, sliced, salted and placed under a weight for about a day. You may prepare this in the morning and serve pickles at dinner. Raisins or chilies may be added for desired flavor. Salt is rinsed off the vegetable before serving. The vegetables are good for only 1-2 days.

Choice of vegetables such nappa, cucumber, young radish leaves, mizuna, mustards, turnips and leaves, etc.

Salt

Raisins, chilies – optional

For Chinese cabbage, wash nappa leaves. Sprinkle salt on leaves and massage salt into leaves (especially white mid ribs). Place nappa leaves in a deep pan or bowl. For sweet or hot flavoring, add raisins or chilies on the side of the leaves. Sprinkle salt on top of the nappa. Place a dish that will be able to sink down and place it on top of the nappa. Put a heavy weight on top of the plate. Another pan filled with water placed on top of the plate may be used as weight. When you are ready to eat the pickles, wash the leaves and squeeze out the water. Cut leaves into 1/2" lengths.

Daikon tops, radish leaves, takana or mustard leaves. Follow the like nappa process described above. It is preferred not to use raisins or chilies for these spicy vegetables.

For cucumbers, they can be lightly peeled. Cut lengthwise in half and cut again 1/2" crosswise.

Sprinkle with salt and massage and follow like nappa described above. Cut to desired size before serving.

Miso Su

This is a miso dressing or dipping sauce that may be used on fresh or blanched vegetables. Experiment with different vegetables such as green onions (try them blanched), any green beans, asparagus, snow peas, yu choy, kailaan, etc.

2 tablespoons vinegar

2 tablespoons sugar

1/4 cup miso

Chile flakes, sesame seeds are optional for flavoring

Instead of using the vinegar and sugar ingredients, use the Basis Su you may already have prepared. Mix all the dressing ingredients until smooth. Add a little water to thin or to reduce the flavor if necessary. Miso Su can be prepared in advance and stored in the refrigerator.

Ponsu Sauce

This uncomplicated citrus flavored dipping sauce can be used for salads, tempura vegetables, shabu-shabu, yosenabe and mizutaki.

1/2 cup yuzu or lemon juice

1/2 cup soy sauce

6 tablespoons chicken broth or dashi

2 tablespoons mirin

Combine all sauce ingredients. Try adding grated daikon (drained) to individual sauce dishes and pour Ponsu sauce over it. Serve at room temperature and store in the refrigerator.

Okazu

This is a complete main dish to serve with rice and pickles. Here are a few kitchen garden recipes to add to your everyday menu.

Chinese Cabbage Okazu

Diced pork, beef or chicken

(meat is used as flavoring and is optional)

1 sliced onion

1 nappa

6 cut tomatoes

Sugar to taste

Brown meat and add sliced onions. Cut nappa into 1" slices. Add the white mid ribs first and then the leaf parts. Add tomatoes and a little water so the stew will not burn. Bring to a boil and then simmer until desired doneness. Add sugar to taste.

Vegetable Okazu

Diced pork, beef or chicken

(meat is used as flavoring and is optional)

Japanese eggplants, tomatoes, green peppers, green beans, onions, etc.

Soy sauce

Sugar

Brown meat and add cut tomatoes. Cut vegetables into large chunk sizes and add a little water so the stew will not burn. Bring to a boil and then simmer until desired doneness. Add a little soy sauce and sugar to taste.

Rakkyo Pickles

Rakkyo is used raw or cooked, like bulb onions, but most recognized as a pickling onion. Here are 2 traditional recipes from Japan.

Salted Rakkyo Pickles

2.2 lbs cleaned rakkyo bulbs

6 tablespoons salt

2 red hot peppers

3 cups water

1/4 cup vinegar

Combine salt, peppers and water in a sauce pan and bring to a boil. Let this cool and then add vinegar. Set a side and refrigerate. Clean rakkyo bulbs by removing roots, tops, and outer white skin. Wash rakkyos and air dry. Blanch cleaned rakkyos (drain well) and put them in a clean jar. Pour the cold dressing over the rakkyos in jar. It is important that the rakkyos are hot and the dressing is cold before they are added together. Keep refrigerated for 1 week. The salted rakkyo pickles are ready to eat. The pickles will keep for about 2 months refrigerated.

Sweet and Sour Rakkyo Pickles

2.2 lbs cleaned rakkyo bulbs

3 tablespoons salt

2/3 cup sugar

RECIPES

2 red hot peppers (no seeds)

1 cup water

1 1/3 cup vinegar

Combine salt, sugar, peppers and water in a sauce pan and bring to a boil. Let this cool and then add vinegar. Set a side and refrigerate. Clean rakkyo bulbs by removing roots, tops, and outer white skin. Wash rakkyos and air dry. Blanch cleaned rakkyos (drain well) and put them in a clean jar. Pour the cold dressing over the rakkyos in jar. It is important that the rakkyos are hot and the dressing is cold before they are added together. Keep refrigerated for 2 weeks. The sweet and sour rakkyo pickles are ready to eat. The pickles will keep for about a year refrigerated.

Sakura Zuke or Cherry Blossom Pickle

Adapted from World Cuisine website

1 bunch Hinona Kabu red turnips

1 tsp salt

3/4 cup rice vinegar

1/2 cup sugar

Trim the top off the turnip to make a flat base. Place 2 pencils or other sticks on a cutting board to stop the knife from cutting all the way through the root. Place the turnip on its top (now a flat base) between the sticks. With a sharp knife, make 4 to 6 cuts the full length of the turnip ending carefully at the sticks. This way there will be a piece of turnip intact to hold it together. Turn the root 90° and make another 4 to 6 cuts, stopping at the sticks. Repeat this with all the turnips.

Put the cut turnips in a bowl, sprinkle with salt and lightly massage it in. Place a plate that is smaller than the diameter of the bowl on top of the radishes. Put a weight on top of the plate to force some of the liquid out. After 30 minutes remove the plate and drain the liquid.

Stir the vinegar and sugar together until dissolved, heating a little if necessary. Pour over the turnips and leave at least 8 hours or longer to marinate.

Drain well before serving. Use with green leaves as a garnish.

Sesame Seed Dressing for Steamed/Boiled Vegetables

This nutty sesame dressing will complement almost any vegetable. Try growing sesame seeds in your garden!

A green vegetable such as spinach, watercress, komatsuna, misome, Chinese cabbage, green beans, etc.

2-4 tablespoons roasted and/or ground white, tan or black sesame seeds

2 tablespoons sugar

2 tablespoons soy sauce

2 tablespoons chicken broth or dashi

Combine all sauce ingredients and mix. Boil or steam vegetable until desired doneness. Strain vegetable and dash with cold water. Squeeze vegetable to release most of the water. Cut vegetable to desired size. Lightly dress vegetable with sesame dressing.

For green beans, sprinkle sugar on beans while hot so the sugar will dissolve. Sprinkle ground or whole roasted sesame seeds and add soy sauce to desired taste and toss.

Shabu-Shabu

This is a hot-pot method of cooking derived from a Mongolian style. Shabu-shabu can be cooked at the stove or table using a cast iron pot or shabu-shabu ceramic pot. A favorite dish served during cold winter months. Enjoy cooking shabu-shabu together with family and guests.

Vegetables from your kitchen garden such as bunching onions, Chinese cabbage, chrysanthemum greens, spinach, mizuna, mustards, daikon, mushrooms, etc.

Very thinly sliced beef, small chunks of chicken, tofu and/or seafood

Chicken broth or water

Cut vegetables to desired size. Pour chicken broth or water (water will make a lighter broth from all the meats and vegetables being cooked) into cooking pot to cover the quantity of items being cooked. Bring chicken broth to a boil. Add meats, and cook until it is slightly done. Add vegetables and cook until desired. Dip meat and vegetables into the Ponsu sauce with grated daikon and enjoy.

Winter Melon Soup

A simple soup delicious served during cold winter months. Winter melon is mild flavored with a crunchy melon texture.

Winter Melon

Diced beef, chicken or pork

Mushrooms, water chestnuts, green onions, carrots, etc.

Chicken broth

Egg (optional)

Seaweed (optional)

Cut winter melon in half and scoop out the stringy portion and seeds. Peel the skin and cut into large chunks. Slice mushrooms, water chestnuts, green onions, etc. Sauté ground or diced meat being used for flavoring. Add the chicken broth and bring to a boil. Add the melon and all the vegetable ingredients. Bring to a boil and simmer 15-20 minutes until melon is tender. Add soy sauce to taste. May add seaweed and/or a slightly beaten egg. Stir until it egg is cooked.

Aemomo

Aemomo is salad using cooked ingredients. It is important to use cooked vegetables after they have been cooled, prepared as close to the time of serving and remove as much moisture as possible from the ingredients. To maintain the green color of a vegetable such as spinach and chrysanthemum greens, it is important to quickly cool after cooking.

Rakanzu ae

(Radish and Carrots)

1/2 lb daikon (giant white radish)

1-2 carrots

Boiled konbu (to you taste)

2 tablespoons sesame oil

1/2 teaspoon soy sauce

1 1/2 tablespoon sugar

2 tablespoons vinegar

1/2 teaspoon salt

Mix soy sauce, sugar, vinegar and salt and set aside. Slice daikon, carrots, and boiled konbu into very thin strips. Saute them in sesame oil until wilted. Added liquid mixture and cook until liquid is absorbed.

RECIPES

Horenso Shira ae

(Tofu and sesame seed dressing with spinach)

1 lb spinach

1/4 block tofu

2 tablespoons miso

2 teaspoons goma (sesame seeds)

2 tablespoons sugar

Pinch of salt

In a large pot, bring a large amount of water to a boil and add a pinch of salt. Add spinach stems end first. Over high heat, bring water back to a boil. Do not cover. As soon as the water begins to boil again, quickly put pot under cold running water and allow the spinach to cool. Strain as much water from spinach as possible. You can squeeze out the water by hand. Cut spinach in 2 inch lengths. Squeeze and massage the moisture out of the tofu by wrapping it in a woven dish cloth. The tofu should not go through the cloth. When the fluid is milky white you can stop. Grind goma until very fine. Mix miso and sugar. Add the mixture with the tofu and goma. Add spinach and mix well.

Shungiku to Nameko

(Chrysanthemum Garland and Straw Mushrooms)

1 bunch shungiku (chrysanthemum garland)

1 small can or 1/3 cup nameko (straw mushrooms)

1/3 cup stock

2 tablespoons soy sauce

1 teaspoon mirin

In a large pot, bring a large amount of water to a boil and add a pinch of salt. Add shungiku stems end first. Over high heat, bring water back to a boil. Do not cover. As soon as the water begins to boil again, quickly put pot under cold running water and allow the shungiku to cool. Strain as much water from shungiku as possible. You can squeeze out the water by hand. Cut shungiku in 1 inch lengths. Place Nameko in colander and pour boiling water over it. Bring to a boil the nameko, stock, soy sauce and mirin. Cool mixture and add with shungiku.

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We warrant that seeds sold have been labeled as required under state and federal seed laws and they conform to the label description. We make no other or further warranty, expressed or implied. No liability hereunder shall be asserted unless the buyer or user reports to the warrantor within a reasonable period after discovery (not to exceed 30 days) any conditions that might lead to a complaint. Our liability on this warranty is limited in amount to the purchase price of the seeds.

CONTACT US AND WAYS TO PLACE YOUR ORDER

We value our customers' opinions and welcome your feedback. Please share with us any comments, suggestions and recommendations you may have. Are there seed varieties you would like us to add to our seed line? Would you like Kitazawa Seeds sold at a nursery/garden center in your area? How did you find us? How can we improve our website? Your opinion is greatly appreciated.

ON-LINE www.kitazawaseed.com

Please visit our website for more information and secure easy online ordering.

By MAIL

Kitazawa Seed Company
175 West 2700 South
Salt Lake City, Utah 84115

Please complete the enclosed order form. Payment is accepted by major credit card and US Dollar money order. We are unable to process gift cards.



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