

Gourmet Vegetables

Greens

Feed the Family



DESCRIPTION

Greens, also called leaf vegetables, potherbs or leafy greens are grown for their green leaves which are usually cooked or steamed before consumption (hence the name potherbs). The nutritional value of greens are usually very high, with Greens being a great source of vitamin A and C. They are also very high in vitamin K, which can help to regulate blood clotting, protect bones from osteoporosis and it is said to protect us from inflammatory diseases such as arthritis. Greens also contain calcium, iron and potassium amongst other vitamins and minerals. They are also said to aid in the treatment of cancer by helping to detoxify and remove harmful molecules from the body and are said to promote heart health. There are many different varieties of greens, with some including:

Misome. Japanese all-season green resulting from a cross between Komatsuna and Tatsoi. The 10" tall plant produces tender, thick, savoyed, deep green leaves that hold well in the field. Heat tolerant.

Vitamin Green. Great for baby leaf salad mix. Dark green leaves. 30 days. **Bok Choi.** Annual. Excellent cold tolerant. Upright plants with long slim stalks. Tender variety with excellent flavor. Attractive dark green fleshy leaves also with

exceptional

Mild flavor. Harvest young or mature. **Komatsuna Green** (Mustard Spinach). Japanese type, salad and braising mix, uniform, heat tolerant, 35 days. **Komatsuna Red** (Red Mustard Spinach). F1, round leaf, dark maroon with green underside, heat tolerant, 35 days.

Mizuna. Annual. Decorative plant. Main ingredient in mesclun salad mix. Leaves have mild, crisp taste. Grows through winter. Fertilize for best results. H 20in /50cm.

Red Brazen Brass. has large reddish-purple leaves with green undersides. The leaves are heavily veined giving it a rough texture. **Red Giant Mustard** is a savoy leaves are deep purple red **Japanese Leafy mustard.** Large with white mid ribs. **Celeriac.** Biennial. Tips used in salads, soups and casseroles. Root eaten at end of second season vegetables.

Sorrel. *Rumex sanguineus* 'Raspberry Dressing'. Sometimes known as

Bloody Sorrel. Attractive rosette bright green foliage with maroon color veins. The flavor is similar to spinach or chard. Can be grown in full to partial sun.

Lovage. *Levisticum officinale.*

Perennial. Leaves have a celery type flavor used fresh or dry in many culinary dishes. Easy to grow. Height 1m/39in.

Shiso Green. Originally from Japan, where it is called Shiso is one of the main food tastes used in Japanese cooking. It is a small erect plant with medium sized attractive heart shaped leaves which tend to bunch at the top of the stem. The leaves are great in stirfries and salads.



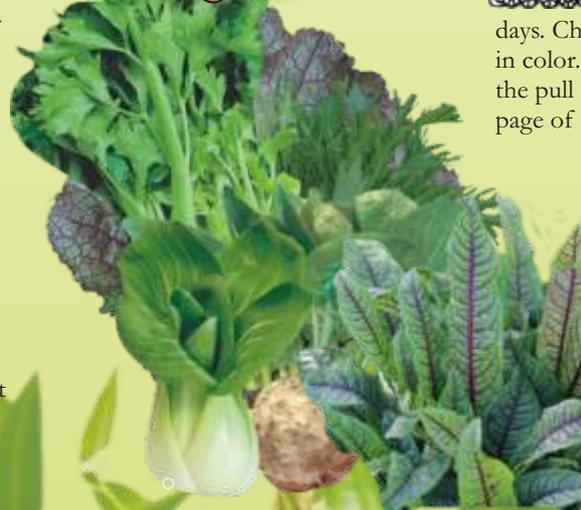
ROWTH

Greens can be either cool-season or warm-season crops and can be grown as either annuals or perennials. Greens are typically easy to grow and can be planted in Spring.



CULTIVATION

Greens have an approximate shelf life of around ten to fourteen days. Choose Greens that are bright in color. Special Interest section of the pull down menu on the home page of our website.



www.herbherbert.com

Any enquiries can be directed to:
HERB HERBERT P/L

This Herb description is for informal use only, although due care is taken to make sure information is correct we cannot accept any liability for any harm or illness arising from the use of the plants described above.