

Gourmet Vegetables

Red Giant Mustard & Japanese Spinach

Feed the Family

Komatsuna or Japanese Mustard Spinach – *Brassica rapa* var. *perviridi*
Red Giant Mustard – *Brassica juncea* – Mustard Southern Green



DESCRIPTION

Komatsuna is and Red Mustard are both a vegetable with dark green glossy leaves, that has a distinct flavor of Mustard and Cabbage, with a touch of Spinach. These plants have been grown in Japan for hundreds of years but are relatively unknown in China. Today many varieties have been cross bred to form some amazing new cultivar forms. The leaf top is maroon in color with a chartreuse underside.



PROPERTIES

Annuals, producing a quick crop in cool damp weather. The leaves turn red when mature. Rich in vitamins.



USES

This Mustard Spinach is especially good for pickling, and is cooked the same way as Chinese cabbage. Very young leaves or the whole seedling may be harvested for colorful additions to salads. The iron for which spinach is famous is present in a soluble form, so any water left after cooking should be evaporated with butter and mixed back into the cooked leaves.



GROWTH

Easy to grow. Modern breeding has produced hardier leaner plants with resistance to bolting in summer, and reduced amounts of calcium oxalate which can cause bitterness.



Red Giant Mustard - *Brassica juncea*



CULTIVATION

Likes rich, damp soil and a sunny protected position with high nitrogen content. Generally sown in spring or late summer, but will stand through the winter in well-drained soils and with the protection of frames or greenhouses. Komatsuna is a cool climate plant that grows well in temperate and subtropical regions. It can be grown in the winter in some sub tropical regions. Seed should germinate in about seven days at soil temperatures of 12 C/ 52 F. Add animal manure to the soil a few weeks before planting and top dress with more manure approximately five weeks later. See our organic gardening fact sheet for more help on cultivation. Remember these are green leafy vegetable so a fertilizer high in nitrogen such as manure will fair well. Space plants 30cm/12in apart. Keep weed free and water regularly. Young plants are ready to harvest in about six weeks, when they are a about 20cm/8 in high.



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Any enquiries can be directed to:
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