

## Komatsuna

This group is very diverse. It forms large productive, robust, healthy plants with glossy leaves that can grow up to 30cm (12") long and 18cm (7") wide. The flavour resembles cabbage, with a touch of spinach, and they are eaten cooked, raw and finely sliced in salads. Can tolerate temperatures of down to -12°C.

### Sowing Time

March-April.

### Crop Care

Follow crop care for Mizuna. Plants are less likely to bolt from early spring sowings than most oriental varieties and are more drought tolerant. Protect from birds initially and thin out young plants to 10cm or 45cm depending on how large your final crop is to grow. It would benefit from a liquid feed every 6 - 10 days.

### Harvest

Leaves can be used at all stages. Mature plants are ready at about eight weeks after sowing. Use as you require.

## Spring Onions

Can also be grown as an oriental vegetable as it is found in many dishes. Requires a sunny position in well-drained fertile soil. Prepare the soil prior to sowing dig over the soil to make a fine tilth and rake in some general-purpose fertiliser 10 - 14 days before sowing.

### Sowing Time

March onwards.

### Crop Care

Sown at 1" intervals in rows spaced 9" apart. Thin to 4" intervals in spring.

This salad onion is fast growing and silvery skinned.

It can be grown in a small area with no problems. Water if weather is dry.

### Harvesting

It is possible to sow little and often to provide salad onions for a good 6 mths of the year. Unlike normal onions these can be used straight away after pulling. Pull up as required. Bulbs should be ½" - 1" across.



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**SOW IT  
GROW IT**

*It's simple, easy and fresh*

**FROSTS**  
*...naturally*

How to grow...  
*Oriental vegetables*

## Oriental Vegetables

Several oriental vegetables are being introduced to the West. They have many features in common with western brassicas (cabbage family), but tend to be faster growing and have a wider range of uses. These plants are cultivated mainly for their leaves and leafy stems, but also for the young, sweetly flavoured shoots. Oriental brassicas are nutritious, succulent, crisp and are mild to peppery in flavour. Cook by stir-frying or steaming. Or use young leaves and shoots raw in salads.

These vegetables are best suited to cool summers and mild winters. Most will withstand light frost. Komatsuna and some of the mustards are extremely hardy. Plant in a cool spot. It is important not to let these fast maturing crops bolt and go to seed. However, this can improve flavour in some varieties. Ideal for inter-cropping, among slower maturing vegetables, as you can cut them and they come again.

## Chinese Broccoli

Plant in a prepared site with high organic and high nitrogen content in a cool but moist spot. Apply a general fertiliser prior to planting if needed. This variety is used mostly in cooked dishes.

### Sowing Time

May-August.

### Crop Care

This variety can tolerate hotter summer temperatures unlike many other types and can withstand light frost. For a very early crop you can sow undercover in spring. Plant them out 12cm (5") apart with 10cm (4") between rows for young plants and space out by 30cm (12") apart for mature plants. Large plants can take nine to ten weeks to mature.

### Harvest

Cut the main shoot first to encourage side shoots as you would with normal broccoli. Harvest as required.

## Oriental Mustard

As with all oriental brassicas they are fast growing so prepare the ground prior to planting adding lots of organic matter and a high general feed with a high nitrogen content. Or plant where peas and beans have grown the year before. Requires moisture retentive and fertile well-drained soil.

### Sowing Time

June-August.

### Crop Care

Sow into shallow soil or modules. Plant out or space out plants to 15cm (6") apart for harvesting young and 35cm (14") apart for larger plants. If they are planted under cover in autumn, plants are tender, but will run to seed earlier the following spring. Protect from birds initially using mesh-covered tunnels.

As they are shallow rooted they will require a good supply of water.

### Harvest

Oriental mustards mature in 6 - 13wks, depending on the variety. Cut single leaves as required.

Can be stir-fried, steamed or the young leaves can be used in salads.

Can be cut 1" above ground level so they sprout again for a second crop.

## Chinese Cabbages

These have a mild flavour and crisp texture. They are excellent in salads and lightly cooked. Prepare the soil in the normal way.

These require temperatures of 20–25°C (68–77°F) so autumn planting would prevent any bolting. Apply high nitrogen feed prior to planting.

### Sowing Time

Sept-October.

### Crop Care

Thin out plants to 30cm(12") apart.

Make sure the soil is moist. This is vital to maintain a good crop. Chinese cabbages have soft leaves so pests can be a real problem. Protect with tunnels and mesh until these plants become established. Apply a liquid feed after the first four weeks. Do not worry about feeding during the winter.

### Harvest

Crop will be ready eight to ten weeks after sowing and can be harvested at any time, since they respond well to cut and come again treatment both after the main heads have been cut, and during growth of semi-mature plants.

### Pak Choi

Prepare the soil in the usual way choosing a fertile and moist soil. Pak Choi is mild in flavour and may be cooked or the young leaves can be eaten in a salad. It grows best in temperate climates of 15 - 20°C.

Apply Growmore prior to planting.

Most varieties will tolerate some frost in the open but survives better in lower temperatures when it is undercover.

### Sowing Time

March-April or August-October.



## Mizuna Greens

Mizuna greens are eaten cooked or raw when leaves are harvested young and tender. They are adaptable and capable of both tolerating high summer temperatures (providing they are kept moist) and winter temperatures down to -10C.

Prepare the soil prior to planting, would be good to plant in where beans and peas have been, so that the soil is rich in nitrogen.

### Sowing Time

March-April or September-October.

### Crop Care

Can be sown throughout the growing season. Bolting resistance is quite good with this particular variety. Space out to 10cm (4") for small plants harvested young and 45cm (18") apart for mature plants. Mizuna greens are very useful for intercropping if cut at the seedling stage can be used like a cut and come again.

### Harvest

Seedling leaves are ready within two to three weeks and mature plants are ready eight to ten weeks after sowing and may be harvested at all stages; These plants are vigorous and are capable of re-sprouting several times after the initial cut.

### Crop Care

There is a risk of premature bolting when sown in spring. Sow seed in modules or straight into the soil, thin the young plants out to 10cm (4") or 45cm (18") depending on the variety and the size of the final crop. Thinnings can all be used in the kitchen. Protect from birds at the early stages with netting.

### Harvest

May be harvested at any stage from 3 week old seedlings to mature plants. Seedling leaves can be cut to 2.5cm (1") above the ground to provide a second crop. As with the mature plants just make sure you leave a slightly longer stalk.