



# Asian Greens

**Plant:** Asian greens encompass a variety of leafy vegetables known for exciting flavors and nutrient density including bok choy or pac choi, Asian mustard greens, and Chinese broccoli. Many common Asian greens are considered cole crops (relatives of cabbage) and perform well in the early spring, and throughout fall. Some of the great varieties to the Lowcountry are Joy-Choi bok choy, Kai Lan Chinese broccoli, Mizuna mustard, and Red Giant mustard greens.

**Grow:** Most of these seeds are small and should be planted in a very shallow planting hole (cover with soil the same the width of the seed). For a fall harvest, plant directly into the ground in mid-August; in spring, plant indoors three weeks before the last frost and transplant after the plants have established four leaves on them. It is extremely important to keep soil evenly moist during seedling stage and uniform watering throughout the plants life, moistening to a depth of 6 inches.

**Harvest:** Harvest young leaves by pulling the outer leaves and stems off and leaving the smaller inner leaves to continue to grow; this process is commonly called "cut and come again". Alternatively, once a large rosette of leaves has formed, cut the entire head off as one unit. If a large stem and flower begin to form in the center, cut it off; letting the plant "flower" will cause a bitter taste.

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 3g	
Vitamin A 144%	Vitamin C 74%
Calcium 16%	Iron 10%

## Nutritional Information:

Asian greens are nutrient dense delivering protein, dietary fiber and almost all the essential vitamins and minerals for fewer than 10 calories per cup.

**How to Prepare:** Fast and simple, preserving nutrition and texture cooking methods work best for Asian greens. Stir-fry in a a wok for just a few minutes. Hearty leaves can be roughly torn or chopped, while tender stems should be sliced into smaller pieces. To poach greens, bring a large pot of salted water to a boil, add the greens, and cook until al dente. Then quickly drain and rinse them with ice cold water to stop the cooking process. Asian greens pair well with soy sauce, oyster sauce, garlic and ginger.



## Sesame Shiitake Bok Choy

**Yields:** 4 portions

**Serving size:** 1 cup

### **Ingredients**

- 1¾ tablespoons canola oil
- 3 teaspoons garlic, chopped
- 3 teaspoons fresh ginger root, chopped
- ½ cup scallions
- ½ pound shiitake mushrooms, sliced thin
- 1½ pound fresh bok choy
- 1¾ tablespoons Kikkoman oyster sauce
- 3 teaspoons sesame seed oil
- 2 teaspoons unsalted sesame seeds, toasted

### **Preparation**

1. Heat canola oil in a wok or large saucepan.
2. Quickly add garlic, ginger, and scallions and stir-fry for about 30 seconds.
3. Add shiitake mushrooms and stir-fry for about 30 seconds to 1 minute.
4. Add bok choy and stir-fry for an additional 1 to 2 minutes.
5. Add oyster sauce and finish with sesame seed oil.
6. Remove from heat, garnish with toasted sesame seeds.

### **Nutrition Facts per Serving:**

140 calories, 1 g fat, 12 g carbohydrates, 2 g fiber, 4 g protein