Numerous common vegetables have Japanese varieties:

Shungiku (Edible Chrysanthemum) – West Coast Seeds MU534
Nira (Japanese Leeks) – Lion’s Mane (WCS – HR1017)
Shiso (Japanese Basil) – Perilla (WCS Green HR1157 & Red HR1156)
Kabu (Japanese Turnip) – Hakurei (WCS – TR815)

Mustard Greens: Mizuna WCS MU543/ Osaka Purple MU562/ Tokyo Bekana MU554
Yomogi (Japanese Mugwort) forage or purchase powder

Sampling
Shungiku no Ohitashi (Blanched shungiku with seasoned soy sauce)
Shungiku Goma (Blanched shungiku with sesame dressing)
Sautéd Nira (Japanese leeks with Sweet Miso Sauce)
Shiso Onirigi (Shiso seasoned rice balls)
Shungiku Tea and Yomogi Mochi

Recipes

**Shungiku no Ohitashi** (Blanched shungiku with seasoned soy sauce)

200 g of shungiku also available as ‘tong hao’ in Chinese markets
¼ package of shimeji mushrooms - blanched
6 cups water with 1 Tbsp salt
light shoyu with a small pc of konbu – seaweed

1. Quickly blanch shimeji mushrooms
2. Trim and blanch shungiku then rinse in cold water
3. Squeeze water out of shungiku and cut into 2” lengths
4. Mix the dressing and pour dressing over greens just before serving
**Shungiku Gomae** (Blanched shungiku with sesame dressing)

150 g of shungiku

Dressing: 1 Tbsp ground sesame seed
1/3 tsp sugar
1/3 tsp soy sauce

1. Trim and blanch shungiku then rinse in cold water
2. Squeeze water out of shungiku and cut into 2” lengths
3. Mix the dressing and pour dressing over greens just before serving

**Sautéed Nira (Japanese Leeks) with Sweet Miso Sauce**

200 g of nira also available as ‘chives or garlic chives’ in Chinese or Middle Eastern markets

plus 3 Tbsp of sesame oil

Dressing: 3 Tbsp of shiro miso (sweet white miso)

1 Tbsp of sugar

Hot water

1. Mix the miso, sugar and a bit of hot water to make a thick sauce
2. Cut nira into 3” lengthens and quickly sauté in pan with sesame oil
3. Mix the nira with the sauce

**Shiso Onirigi** (Shiso seasoned rice balls – estimated 50 pc)

5 small cups brown rice soaked overnight

1. Drain rice and adding 5.5 small cups of water to rice in rice cooker
2. Once rice is cooked - dish out into a large container to cool
3. Mix rice generously with Ume Plum Vinegar (Eden Selected – Wholefood) and Shiso Fumi Furikake (available from Fujiya and Konnbinya)
4. Either hand form or use plastic forms to make the rice balls.