

# The Japanese Canadian Kitchen Garden

## 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)

Sautéed 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 shungiki 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

