

Mizuna

Japanese Mustard Greens

Non-GMO Sprouting/Micro Greens

Mizuna (Japanese Mustard Greens) is a tender leafy green belonging to the Brassicaceae (mustard) family. It is a fast-growing winter green with dark leaves and a thin white stem that is mild in flavor and slightly crunchy. It is packed with essential nutrients including folate, iron, calcium, magnesium, potassium, zink, selenium and B-complex vitamins. Excellent for salad green mixtures.

Seeding Rate:

- Indoor:* 3-5 seeds/ per inch
- Outdoor:* 250 seeds/ per 4 feet

How to Grow: All varieties prefer well-drained soil that is rich in organic matter. While the ideal germination temperature is 55° to 75°F, the seeds will germinate in temperatures as low as 40°F. It is an ideal vegetable for early spring or fall planting. Though tolerant of partial shade, it will grow best in full sun (at least 6 hours daily). Mizuna can be harvested from baby greens through full maturity. Harvest the entire plant by cutting it off near the ground. For continual regrowth, cut the greens 2 inches or more above the ground. For best quality, harvest in the morning after the dew has dried but before the heat of the day softens the greens.

Nutritional Value: Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



A fully certified organic and non-GMO variety



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Bunch	Med 4-8 days	Med 18/baby - 40/full	Mild 50°-75°F	Medium 6.5-7.0	w/leaves 3-6"	Sprouts 2-3"	Full Sun to Partial Shade	Leaves 4-5"	Yes

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