

Tatsoi

Spinach Mustard Greens

Non-GMO Sprouting/Micro Greens

Tatsoi (Spinach Mustard Green) is a tender, juicy, leafy green belonging to the Brassicaceae (mustard) family. It is a fast-growing winter green with dark green leaves and a thin stem that is mild in flavor and slightly crunchy. Packed with essential nutrients, *Tatsoi* is one of the richest sources for vitamin C. It is excellent in mixtures for fresh salad greens, or any application where traditional spinach would be used.

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. If smaller leaves are desired, direct seed and plant densely in a 2-3' bed. Harvest with a sharp knife at desired leaf size. New leaves will continue to emerge for repeat harvests throughout the growing season. If larger florets and leaves are desired, transplanting will be the best option. Start the transplants 34 weeks before the desired outdoor planting date. For early spring crops, plant after last frost date to prevent early bolting. Plants will be stocky with a high density of greens per plant.

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 3-10 days	Med 25/baby - 45/full	Mild 60°-75°F	Medium 6.0-7.5	w/leaves 8-12"	12"	Full Sun to Partial Shade	Leaves 8-12"	Yes

30684 Hwy 34
Albany, Oregon 97321
www.baileyseed.com



Toll Free: 800-407-7713
Phone: 503-362-9700
Fax: 503-362-1705