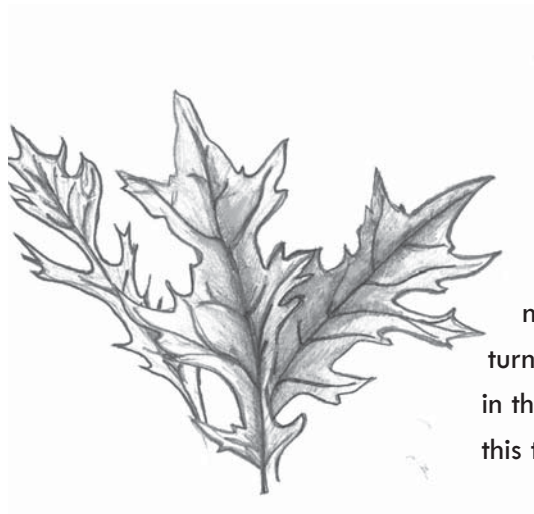


MIZUNA



MIZUNA is a member of the mustard family, and has smooth, yellow-green, feathery leaves. Mizuna has a mild taste in the beginning of the season and becomes more bitter as the weather turns warmer. Widely grown in Japan, mizuna grows prolifically in the Northeast spring and fall. You can expect large bunches of this tasty green from your farmer!

STORAGE

- ◆ Mizuna **should be eaten right away**, but will keep for about a week loosely packed in a plastic container in the refrigerator drawer.

PREPARATION

- ◆ Separate leaves, wash thoroughly, and dry.
- ◆ Mizuna can be enjoyed **raw or cooked**.
- ◆ Tear or cut the leaves and add to **salads** or use to garnish **sandwiches**.
- ◆ Add mizuna to **stir-fries** toward the end of cooking so the color and nutrients are retained.
- ◆ Steam or sauté as you would spinach.

Nutritional Information

Mizuna contains Vitamins C, and A, iron and calcium. Vitamin A is important for vision, bone development and healthy skin. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. Calcium can help maintain good bone health and may reduce risk of osteoporosis. Iron is important for healthy blood cells. Inadequate iron intake can lead to anemia.

Mizuna Recipes

Mizuna with Garlic Dressing

Dressing

- 3 garlic cloves
- 3/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 Tablespoon chopped fresh basil
- 1 Tablespoon grated Romano cheese
- Salt and pepper to taste
- 1/2 cup milk
- Mizuna, washed and dried



In a blender, combine all dressing ingredients except milk, process a few seconds. With blender running, gradually add milk, blend until smooth and creamy. Toss with the mizuna leaves and serve. (Recipe makes 1 1/2 cups, which you can cover and refrigerate for up to one week).

Recipe adapted from [Moosewood Restaurant Cooks at Home](#) by The Moosewood Collective, copyright 1994 by Simon and Schuster.

Sautéed Mizuna and Minced Chicken (serves 4-6)

- 1 egg white, lightly beaten
- 1 teaspoon fresh ginger, minced
- 1 teaspoon garlic, minced
- 1 1/2 teaspoons tamari or soy sauce
- 1 pound boneless, skinless chicken breasts, minced
- 2 teaspoons oil
- 1/3 cup minced carrots
- 1/3 cup minced onions
- 1/4 cup water chestnuts, minced (optional)
- 1/2 teaspoon chile paste with garlic, such as Taste of Thai, mixed with juice of 1 lime
- 1 pound mizuna, ends trimmed
- 4 chopped scallions for decoration



In medium bowl, combine egg white, ginger, garlic, and tamari/soy sauce. Add chicken and marinate for 1 hour in the refrigerator. In a wok or saute pan, over high flame, heat half the oil. Add chicken and marinade, cook 4-6 minutes, stirring constantly until chicken is cooked through. Remove chicken from pan, set aside. In same pan, heat remaining oil. Add carrots, onions, and water chestnuts. Saute 2-3 minutes. Add chile paste with lime juice and mizuna, stirring frequently until mizuna wilts slightly, about 1 minute. Add chicken and toss to combine. Decorate with the scallions and serve.

Recipe adapted from recipe at <http://www.wildbynature.com/Pages/Recipes.html>

Mizuna Sauté

- 1 Tablespoon olive oil
- 1/2 onion finely chopped
- 1 bunch mizuna, washed and chopped
- 1 teaspoon maple syrup or sugar or honey
- 1 teaspoon apple cider vinegar

In a saute pan, heat olive oil. Add onions and saute until translucent. Add mizuna and sauté until slightly wilted. Remove from heat. Add maple syrup, sugar or honey and vinegar. Cover and steam for 5 minutes. Refrigerate until ready to serve.

Recipe adapted from <http://www.shareorganics.bc.ca/recipes>

