There are several methods to thresh seeds and remove chaff.
Small harvests can be threshed by rubbing seed pods between your hands or against the inside of a bucket, causing pods to break open.
For larger harvests, place seed stalks in large tubs or on tarps and tread on them. Discard stalks after seeds are dislodged.
Screen and winnow remaining material to remove chaff.
After removing chaff, place in container.
Store in dry, cool conditions for 5-6 years for best germination results.

**Bok Choy**
*(Brassica rapa)*

**Mizuna “Asian Green”**
*(Brassica rapa var. nipposinica)*

**Mustard Greens**
*“Japanese Giant Red”* *(Brassica juncea)*

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**CREDITS**

https://www.seedsavers.org/prize-choy-organic-asian-green
https://www.seedsavers.org/mizuna-organic-asian-green
https://www.seedsavers.org/learn#growing-guides
https://www.chinasichuanfood.com/quick-fry-bok-choy/
Bok Choy seed pod: http://www.tinygreenhands.com/harvesting-bok-choy-seeds/

**RPLMN.ORG/SEED**
Bok Choy has a mild flavor and contains more calcium than diary products or other vegetables. Separate leaves for salads or chop for stir-fries. Bok Choy can also be a healthy addition to smoothies.

Mizuna and Mustard have a spicy flavor and can be eaten as baby lettuce in salads or sandwiches when leaves are smaller than 4 inches. Larger Mizuna leaves may be bitter. Remove the midrib from larger leaves before adding to soups and stir-fries. Cooking greatly reduces the size of volume of the leaves. Mustard greens can be stir-fried or pickled.

Mizuna and Mustard are all annuals and insect pollinated. Because they are the same species, Bok Choy and Mizuna will cross-pollinate with each other if not isolated. It is recommended that only one be grown for seed at a time.

Let seeds dry on the plants and gather seed from as many plants as possible.

Harvest seed pods when they turn grey or beige, collecting closed pods to avoid scattering seeds. Fully dried seeds are hard, and will not dent with a thumb nail.