

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.

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.



02-2019

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/>

Seed harvesting and chaff: <http://www.godsgrowinggarden.com/2012/08/saving-seeds-greens-kale-collard-bok.html>



GREENS

Bok Choy “Prize Choy”

(*Brassica rapa*)

Mizuna “Asian Green”

(*Brassica rapa* var. *nipposinica*)

RPLMN.ORG/SEED

Plan a seed.

**Backyard Bounty Urban
Homesteading Meetup**

History Center
of Olmsted County



Rochester Area
Foundation

**we365
Give**

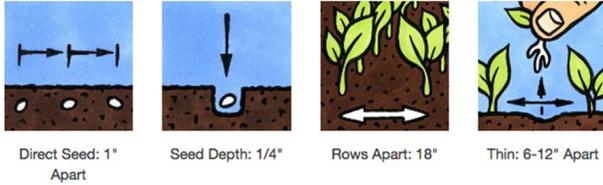


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HOW TO GROW



Direct sow outdoors in gardens or containers after the last frost, in full sun or partial shade. Seeds germinate in 4-7 days when soil is kept moist.

Cooler growing temperatures help prevent plants from flowering early. Container plants will benefit from shade on hot days.

A second crop can be planted for fall harvest in late summer.

HOW TO HARVEST

Harvest Bok Choy when heads have formed, about 45-50 days after planting.

Mizuna leaves are harvested like loose-leaf lettuce. Baby leaves at 21 days, and mature leaves 40 days from planting.

Store rinsed Bok Choy and Mizuna leaves in a plastic bag and use within one week.

Harvest in early morning or evening and immerse in cool water to prevent wilting. Refrigerate in plastic bags with a paper towel to absorb moisture and help keep leaves dry.

HOW TO EAT

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



Mizuna has a spicy flavor and can be eaten as baby lettuce in salads or sandwiches when leaves are smaller than 4 inches. Larger 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.



HOW TO SAVE SEED

RATING: EASY WITH PRECAUTIONS

Bok Choy and Mizuna are annuals and insect pollinated. They 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.

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