



Tatsoi

Tatsoi has dark green, spoon shaped leaves that are tender with a mild mustard like flavour similar to bok choy. The leaves make a tasty addition raw to mixed salads, or cooked briefly in stir fries.

Choose a growing site that receives full sun or light shade, with good drainage. Add fertiliser, worm castings or compost to soil prior to planting, then fertilise every few weeks for rapid growth and healthy plants.

Plants should be ready to harvest 7 to 9 weeks after sowing the seeds. Harvest individual leaves, or pull the whole plant.

Caterpillars can destroy this plant; cover with netting over summer to prevent butterflies laying eggs on the underside of leaves.

ERINDALE COMMUNITY GARDEN