



Yu-Tsai

Yu-Tsai is a summer crop grown for tender flower bud stalks and glossy, bright green leaves.

Thrives in a rich loamy soil that is well drained and well fertilised.

When plants reach 6cm in height, start thinning process for crop.

Stems will be almost 1cm thick if grown and watered well.

Cut the flower bud stalk with a few leaves and new shoots will grow.

Leaves can be harvested on a cut-and-come-again basis. Use raw or cooked in stir fries and salads.

ERINDALE COMMUNITY GARDEN