



Japanese mustard or potherb mustard (English), 水菜 (shuǐ cài, Mandarin), મિજુના (Mijhunā, Gujarati), ミズナ (kyona, Japan)



Mizuna

a taste of Asia on the Floridian table

Mizuna is a sharp-tasting peppery green that has been cultivated in Japan for centuries. It is used raw and cooked in a wide range of dishes in that include soups, stir-fries and ‘hot pots.’

The name means ‘water greens’ in Japanese, and it is protected as an heirloom vegetable in Kyoto. Mizuna was brought to the United States by Asian immigrants in the 20th century, and the U.S. is among the top producers of more than 16 different varieties that include yellow, purple, pink and red colorations. A growing number of Florida gardeners are integrating mizuna into the winter garden, and the green is receiving attention by specialty chefs throughout the Sunshine State.

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Farmer carrying mizuna



BROTH-BOILED DUMPLINGS WITH MIZUNA GREENS

30
MINUTES
TOTAL

4
TOTAL
SERVINGS



INGREDIENTS

- | | |
|---|------------------------|
| 2 quarts broth (beef, chicken or vegetable) | 1 lb Chinese dumplings |
| 1 cup water | six scallions |
| 1 tsp salt | two bunches Mizuna |
| | 1/4 cup soy sauce |
| | 1/4 cup honey |

DIRECTIONS

1. Chop Scallions and Mizuna, keep separate
2. Blend broth, water and salt in large pot, and bring to a boil.
3. Add dumplings and stir to prevent sticking. Bring back to a boil for 6 minutes (8 minutes for frozen dumplings).
4. Add chopped scallions and continue boil for two more minutes.
5. Remove from heat, add Mizuna, and let sit for five to ten minutes.
6. Blend honey and soy sauce.
7. Divide broth, dumplings and greens into four bowls.
8. Drizzle honey-soy sauce to taste.

FACTS

Mizuna means “water greens” because it was first cultivated in spring-fed fields in Kyoto. It was designated as ‘protected,’ along with 36 other vegetables, to prevent the extinction of the traditional Japanese diet. More than 30 countries produce Mizuna today, and astronauts grew Mizuna in the International Space Station for the first time in 2019.

Mizuna is rich in fiber and vitamins A, C, K, and E; and minerals such as calcium, folate, iron, and potassium.

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