



# Tatsoi

Christian Lozano  
and Evan Randolph

ENVS 210

## Quick Facts:

- Originates from Asia
- Broadly leafed green vegetable
- Can withstand weather as low as 15 degrees' Fahrenheit
- Can be harvested from under the snow



## Nutritional Facts:

- Good source of vitamin A, C, and K
  - Contains a lot of Potassium and Calcium
- Has a good amount of beta-carotene, phosphorus, and iron

## When it's in Season:

- Cool temperature crop
- Found in markets in the spring and fall
- Grows best in moderate climates



## Ways to Eat and Cook:

- Can be eaten raw or cooked
- Great substitute for spinach, lettuce, or any other green for a salad
- When cooking, it is best to steam or stir fry

## Storage Practices:

- Will only last a few days
- Best stored in cold refrigeration
- Store in plastic bag and wait to wash until eating or cooking



## Selecting Tatsoi

- Don't pick tatsoi involving bruising, discoloration, or damaged leaves
- Wilting holes signal old tatsoi

### Tatsoi Salad:

2 table spoons of tahini, 3teaspoons of light soy sauce, 1 garlic clove finely chopped, 1 tablespoon of lemon juice, ¼ cup of peanut oil, 2 spring onions, 1/3 telegraph cucumber, 1 bunch of tatsoi trimmed, 200g of frozen edamame, 1 teaspoon of white sesame seeds

