

Mizuna

- Wash thoroughly and dry.
- Eat raw in salads, stir into risotto or sauté with garlic and oil and serve over pasta.
- Eat quickly! (3-5 days)

Wrap in plastic and store in the fridge.

Pickling the leaves is an option for long-term storage. Place a leaf on the bottom of the dish and sprinkle with a layer of salt, continuing to alternate between the leaf and salt layer until done. Place in the fridge with a weight on top for 24 hours, and then wring out excess water. Store in fridge or freezer.

 vines Binghamton Farm Share
www.vinesgardens.org/farmshare 607-238-3522

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