

# Tatsoi

- Rinse leaves in cool water & remove stems.
- Prepare similarly to spinach: serve raw, cook into stir-fry, or blend into a smoothie.
- Eat quickly! (3-5 days)

Store unwashed in a loose plastic bag in the fridge.

*To freeze: wash leaves, remove stems.*

*Blanch 2 min, cool, dry, and store in plastic bag.*

