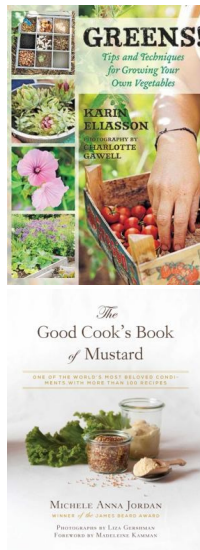


Learn More

Red mustard originated China and then naturalized across Asia & Japan. Also known as Chinese mustard, the seeds are used to produce the condiment known as brown mustard. Red mustard leaves have a mild spicy flavor when young, becoming increasingly robust in flavor as they age. Soil type and temperature can also affect the flavor and heat level of mustard greens.

Nutritionally, red mustard greens are high in vitamins A, C, and K. They are also a good source of antioxidants and have anti-inflammatory properties.



Craft: Tin Can Lantern

Supplies

Tin Can
Hammer & Nail
LED Tea Light

Optional Supplies

Pliers
Bailing Wire or Wire Coat Hanger
Krylon Spray Paint

Remove label and any glue residue from your tin can. For extra tough labels, try using an adhesive remover such as Goo Gone.

Fill your tin can with water and place it in a freezer until frozen—this will help maintain the shape of the can when puncturing holes for your design.

Once the ice has frozen, use your hammer and nail to punch holes into your tin can, including 2 at the top on either side if you want to attach a handle. If you have a specific pattern in mind, draw out the pattern on the can before you begin.

After punching holes in the can, let the ice melt and dry your tin can. If the freezing the can caused any deformities in your can, gently hammer the tin can back into shape.

(Optional) You may now create your handle using your pliers to cut and shape your bailing wire or wire coat hanger. To paint your lanterns, apply several layers of paint using your Krylon Spray Paint to fully coat your lantern and handle.

Add your LED Tea Light to illuminate your lantern.



Japanese Red Giant Mustard (*Brassica juncea*)



Grab & Grow Seed Kits



Share your gardening experience with us for a chance to win a prize!

Send your pictures and stories to: seeds@aclibrary.org

Red Giant is a Japanese mustard green grown for its wide, flat, and nearly purple leaves. Described as exotic, spicy and unique in its flavor, try the baby leaves in mixed green salads or the larger leaves in a stir fry.

Seed Package Instructions:

Culture: Prefers cool weather and a sunny location. Sow in well-drained soil approximately ½” deep and 2-3” inches apart. Thin to about 12” apart after plants are several inches tall and have several sets of leaves.

Water: Keep soil moist, but not saturated, until seedlings emerge in 3 - 7 days. Thereafter, provide even moisture on a regular basis to prevent complete drying of soil.

Harvest: Ready for harvest in 60 – 80 days. Cut outermost leaves, leaving 1/3-2/3 of the plant to continue sprouting. Leaves can be harvested throughout the season. To extend season, pinch off flower buds to as they come in.

Culinary Tips: Use young, tender leaves in salads. Mature, larger leaves are best in stir fry, boiled, or in soups.

PLANTING LOG

PLANT NAME _____

LATIN NAME _____

EXPECTED DAYS TO GERMINATION _____

EXPECTED DAYS TO MATURITY _____

Location of Planting:	Watering Log:
Date Seed Planted:	Date
Number of Seeds Planted:	
Germination Date:	
Date of First Harvest:	
Date of Last Harvest:	
Pests/Problems:	
Notes:	

Pickled Mustard Greens

Yield: 4-8 Prep time: 15 Minutes Pickling time: 3 days

Ingredients	
1 lb. mustard greens cleaned and chopped	2 cloves garlic minced
1 dried chili pepper or 1/4 tsp. dried red chili flakes	1/4 c. sugar
1/8 c. kosher salt	1/2 c. rice wine vinegar
1/2 c. water	

1. Wash and clean the mustard greens. Cut mustard greens into 1" pieces. Squeeze out the water from the mustard greens to thoroughly dry or air dry at room temperature for 1 day.

Place the dried mustard green into mason jars.
2. Cut and deseed dried chili peppers. Mince garlic cloves.

In a medium saucepan, add salt, sugar, rice wine vinegar, water, garlic and dried chili peppers or red chili flakes. Over medium heat, stir to combine until sugar completely dissolves.
3. Pour the brine mixture over the mustard greens until greens are covered and submerged. Cover the jars with lids. Move to refrigerator for at least 3 more day before eating.
4. The pickled mustard greens will store in the refrigerator for several months.

Pickled mustard greens can be added to stir-fries, soups, fried rice, noodles, or served as a side dish.

