

GARLAND CHRYSANTHEMUM 茼蒿 (冬荷)

93-1-5

(Chrysanthemum coronarium)

(Other Names: Garland, Chopsuey Green,
Tung Ho, Shungiku)

Unlike cabbage, celery, or kale, this vegetable has no western counterpart. The leaves have been used as a vegetable mainly by Chinese and Japanese, and to a lesser extent in the Philippines, Malaysia, Vietnam, etc. The plants, used as vegetables, are about 12 inches tall. However, they can grow to more than 3 feet high with flower stalks. Chopsuey Green (Chinese) or Shungiku (Japanese) are popular names in the U.S. because they are used as greens in chopsuey dishes in Chinese restaurants. Leaves which have the familiar chrysanthemum-like lobes are succulent with a strong aromatic and minty flavor. The ray flowers are yellow, single-petaled, and daisy like.



HOW TO GROW : Sow seeds thinly and evenly, 1 foot between rows. Plant seeds at a depth of less than 1/2 inch. Since the seeds are small, cover them with fine soil, or a mixture of garden soil and vermiculite, or peat moss. Seeds germinate in 7-10 days.

WHEN TO PLANT : Like spinach or kale, garland chrysanthemum prefers cool weather. Sow seeds in early spring after frost is over and in late summer for fall crops. You may sow a small amount of seeds every few weeks from march to early summer and from late summer to September. For early crops you may plant seeds in a cold frame or indoors for later transplanting. If you want to grow this in the summer, it may be grown in the shade. When grown in the hot sun the plants tend to become bitter.

CARE AND HARVEST : When seedlings are 3 inches tall, thin to stand 4 inches apart in the row. After 20 days, thinnings may be transplanted or used as vegetables. Garland Chrysanthemum has no pests. Water regularly. They are ready for harvesting about 50 days from sowing. Harvest the entire plant or pinch the main stems (young shoots), to stimulate the growth of the side branches for later harvest. Unless the plants are closely pinched continuously they will grow tall and flower. Nip the flower buds before they have the opportunity to develop into flowers.

VARIETIES : According to the sizes of the leaves and the depth of the leaf cut, there are large, medium and small leaf varieties.

1. Large Leaf: Leaves are large, broad and deep green in color. The shapes of the leaves are oblong with a shallow cut. 35 days to harvest.
2. Spoon Leaf: Large leaves without cut. Leaf margin curves upward like a spoon. Late variety.
3. Small Leaf: Leaves are small, dark green and serrated. About 35 days to harvesting for vegetables.

USES : Generally used as greens. Rich in vitamin B and mineral salts. Coarsely chopped, add to chicken broth with a slice of fresh ginger. This produces a uniquely flavored Chinese soup. It may be stir fried or steamed like spinach, but is best used in combination with other greens or vegetables. It can also be used for ornamental purposes in flower beds and borders because of its leaves and flowers.

RECIPES :

1. **Garland Chrysanthemum Soup**

Ingredients:

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| 1 lb | Garland Chysanthemum. Wash and cut into 2 inch pieces. |
| 2 tsp | Corn Oil (or other vegetable oil) |
| 2 cups | Chicken broth (or bouillon cubes) |
| 2 cups | Water |
| 1 tsp | Salt |

Procedure:

1. Heat corn oil in frying pan, add garland chrysanthemum and stir fry 1 second.
2. Add water, salt, and chicken broth. Bring to a boil. Serve.

2. **Fresh Tofu (bean curd) and Garland Chrysanthemum Salad**

Ingredients:

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| 2 pieces | Fresh Tofu (2" X 2" X 1-1/2") |
| 1/2 cup | Garland Chrysanthemum, finely chopped |

Seasoning Sauce:

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| 1 tblsp | Soysauce | } Mix well |
| 1 tblsp | Sesame oil | |
| 1 tsp | Salt | |

Procedure:

1. Mash Tofu with fork. Add vegetable before serving.
2. Add seasoning sauce into salad, mix well and serve cold.

Note: You may use water cress or spinach to substitute for garland chrysanthemum.

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WEST HARTFORD, CONNECTICUT 06108-0058