

Japanese Vegetable Fact Sheet

Cole Crops:

Cole crops are cabbage-like vegetables that can be grown from transplants (spring) or directly seeded (fall). Use cultural practices, fertility levels, and pest management as for American cabbage. Check labels of pesticides for "Chinese vegetables." Plant with 10- to 14-inch spacing depending on soil and irrigation intentions. Plant 30- to 36-inch rows.

** Greens-type vegetables are usually grow by direct-seeding. They can be sown in beds. More uniformity and easier harvest will more likely occur if planted in rows. Use 2- to 4-inch spacing. Fertilize and manage as American greens crops.

<i>Name</i>	<i>Description</i>	<i>Suggested Varieties</i>	<i>Seed Source</i>
Chinese Cabbage or Napa	Tall cylindrical heads.	"Michihili"	Sakata and Abbott-Cobb
Shanghai Cabbage	Like napa with wide green petioles.	"Mei Qing choi"	Abbott-Cobb
Bok Choy	Tall plant with long white petioles. Used like celery.	"Joi Choi"	Abbott-Cobb
Japanese White Celery Mustard	Similar to bok choy but Japanese in origin rather than Chinese.		Abbott-Cobb
**Mizuna (Japanese Mustard)	Very popular hardy, leafy green. Harvest by cut and come again method like American mustard. Plant transplants on 10- to 12-inch spacing to form large clump-like heads.	"Tokyo Beau" or "Tokyo Belle"	Stokes or Sakata
**Japanes Tender-green Mustard	Leafy green.	"Savanna"	Sakata
**Red Mustard	Leafy red.	"Miiki"	Sakata
**Japanese Turnips	Mild flavor.	"Tokyo Top"	Sakata

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Japanese Root Crops:

*** Do not plant radishes out of the recommended season or almost 100% bolting (seed stalk formation) will occur.

Name	Description	Suggested Varieties	Suggested Dates	Seed Source
***Radishes	Not like European radishes. Very large and long (up to 20 inches and 4 lb). Grown like American turnips or rutabagas. Direct-seed and thin to 8- to 10-inch spacing depending on variety. Called Daikon by the Japanese.	"Mino Spring X"	spring	Sakata and Abbott-Cobb
		"Minowase Early"	summer	Abbott-Cobb
		"Daiko"	summer	Stokes
		"Miyake Winter King"	fall/winter	Sun
		"Okura"	fall/winter	Sakata
		"Omny"	all season	Sakata
Japanese Turnips	Grow like American turnips. American varieties may be used.	"White Lady"		Sakata
Onions	Green onions. Grow like American green onions.	"Long White Tokyo"		Sakata
		"Kincho"		Holmes
Gobo	Edible burdock, same genus as American weed. Common burdock, different species. American species cannot be used. Very long and thin root up to 20 inches. Prepare soil very deeply. Related to sunflowers. Fertilize moderately early in growth cycle to encourage root formation. Direct-seed or transplant 12- to 16-inch spacing.	"Takinogawa"		Sakata or Sunrise Enterprises

Japanese Legumes:

Japanese legumes are grown like American beans. Fertilize lightly. Plants can benefit from bacterial inoculants of the right type.

<i>Name</i>	<i>Description</i>	<i>Suggested Varieties</i>	<i>Seed Source</i>
Adzuki Bean	Small red bean related to the cowpea. May be cooked like a bean or used to make bean sprouts.		Johnny's Select Seed, Sunrise Enterprises
Green Soybean	Edible soybean. Grow like a snap bean or field pea. Harvest at green stage.	"Hachucko Early" "Mikawashima Green"	Sakata
Snow Pea	A type of garden pea which is eaten at the flat-pod stage. Grow like an American garden pea, some varieties need support like pole beans. Plant very early. Tolerates mild frost but not hot weather or hard freezes. Pick before peas begin to swell pods. Pods will become tough and fibrous when peas form but can be shelled and eaten.	"Azumino" "Kawana" "Hyago" "Oregon Sugar Pod II"	Sakata Numerous sources

Japanese Cucurbits:

Grown like cantaloupes or vining winter squash, Japanese cucurbits are very thin, long, and straight. They are usually grown on a trellis so they will grow straight. Fertilize these vegetables like their American counterparts. Watch for vine borers, pickle-worms, and summer leaf diseases.

<i>Name</i>	<i>Description</i>	<i>Suggested Varieties</i>	<i>Seed Source</i>
Spaghetti Squash		"Tivoli"- bush variety "Vegetable Spaghetti" - vining type	Sakata Stokes and Holmes
Kabocha Squash	Winter type squash. Very popular.	"Honey Delite" "Sweet Dumpling" "Delicata"	Sakata and Stokes Stokes
Japanese Melons	Similar to honeydews. Watch out for summer leaf diseases.	"Sprite" "Volga" "Andes" "Amur"	Sakata
Japanese Cucumber	Watch for summer leaf diseases and pickle worms.	"Tashy Green" "GY 200"	Sakata
Japanese Wax Gourd	Grow like summer squash. Pick very young while shell is still soft.		Sunrise Enterprises

Miscellaneous Crops:

Name	Common Name	Description	Varieties	Seed Source
Edible Chrysanthemum	Shungiku, Sookgot, or Chop Suey Green	Widely used. Grow as field grown mum. Fertilize moderately heavy to encourage vegetative growth. Use transplants at 10-inch spacing. Harvest by picking leaves or pinching terminals. Pinch to encourage branching to get more leaves. Becomes bitter when blooms appear.		Stokes and Sakata
Perilla	Japanese Shiro	In mint family. Use transplants at 10- inch spacing. Pick middle aged leaves before they get tough. Used as a spice in sushi or made into pickles. Fertilize moderately.		Sunrise Enterprise and Sakata
Japanese Parsley		Use transplants or direct-seed in the fall. Fertilize lightly for intense flavor, water often to avoid toughness. Use leaves and petiole	"Mitsuba"	Sakata
Japanese Eggplant		Grow as American eggplant.	"Little Fingers" "Early Bird" "Long Tom" "Long John"	Holmes Sakata
Kudzu		Some people eat the young, tender, fleshy roots from small plants. Grow seedlings, or use rooted cuttings, 10 to 12 inch spacing, a serious weed problem in South Carolina, destroy unused plantings.		

There are more sources for some of these vegetables than those listed.

Here are the addresses of the sources listed:

Sakata Seed
2709 Swamp Cabbage Ct.
Ft. Myers, FL 33901
(813) 939-0093

Holmes Seed Co.
2125 46th Street, NW
Canton, OH 44709

Sunrise Enterprises
P.O. Box 1960
Chesterfield, VA 23832

Stokes Seeds, Inc.
Box 548
Buffalo, NY 14240

Otis Twilley Seed Co. Inc.
P.O. Box 65
Trevose, PA 19053-0065

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The mention of a specific product or company name does not imply endorsement by Clemson Extension Service. Call you local Extension office for more information.

