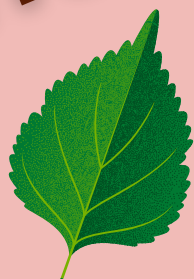




OAKLAND
PUBLIC
LIBRARY

Asian Pacific American Heritage Month



GRAB & GROW KIT

Pick one up at any
OPL library in May
(while supplies last)



@asianbranchlibrary

- free seeds
- growing instructions
- recipes
- cultural info

Access resources in
this pamphlet at:



tinyurl.com/asiangrabortgrowlist

Korean Perilla

Kkaennip 깻잎



Days to Maturity: 70 days from emergence to harvest leaves.
Flowering varies based on your location.

Growing Tips: Grows with the lengthening days starting around the spring equinox (March–May). It flowers in response to short days, between the summer solstice and fall equinox.

When to Plant: Direct seed after threat of frost has passed, or start seeds indoors 3–4 weeks prior to field planting date.
Optimal germination temperature is 65–70F.

Planting Depth: Surface sown and gently tamped in. They need light to germinate, so be careful to not cover too much.

Spacing: 2' between plants is ideal for healthy growth.

Sun: Full to partial. When grown in the shade, leaves will be more tender, but may not have as intense coloring on the undersides.

Water: Intermittent moderate watering recommended.

Second Generation Seeds Grower's Guide

- cultural and historical context, detailed, step-by-step instructions for growing: tinyurl.com/allaboutperilla

Also see pgs. 108–10 of ***Oriental Vegetables: the complete guide for the gardening cook*** by Joy Larkcom

recipes

Maangchi's Big Book of Korean Cooking by Maangchi
"Fresh green perilla leaves are popular in Korean cuisine. Their flavor is somewhere between that of basil and mint. We use them whole in ssam wraps and barbecue, or shredded to add a bit of minty flavor to many other dishes. We also pickle them and make perilla kimchi with them."

- Pepper and perilla leaf pancakes, pg. 352
- Steamed perilla YouTube video: tinyurl.com/steamedperilla

만개의 레시피 -대한민국최고인기요리 150

- 두부참치깻잎전, p. 46–7
- 찜찜깻잎찜, pg. 81



Korean Food Made Simple by Judy Joo

"I like to toss them into salads for a welcome fragrant note or even muddle them into a cocktail."

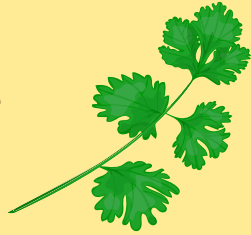
- Spicy tuna tartare, pg. 73
- Soy-glazed tofu salad, pg. 2



Korean Home Cooking by Sohui Kim

- Stuffed fried perilla leaves, pg. 40
- Perilla kimchi, pgs. 128–9

Chinese Parsley 芫荽 (aka cilantro)



It's easy to get confused about this herb's name, which is called "Chinese Parsley" in many Asian markets and recipes. In other grocery stores and Latin American cooking, it goes by "cilantro." The seed of the same plant is called "coriander," which is also used as a spice.

This herb is different from Italian parsley, because of its unique flavor and light, feathery leaves.

Growing Instructions

A Chinese Kitchen Garden by Wendy Kiang-Spray (excerpts, with permission, from pages 156-9):

- a cool weather annual herb, best grown in fall because it's influenced by both temperature & lengthening days.
- In mid to late summer, sow seed about 1/4 inch deep directly in garden and thin plants to about 4 inches apart.
- Should be at least 6 inches tall before harvesting.

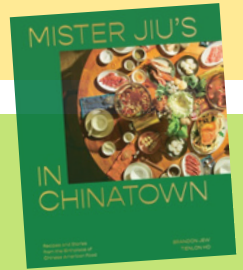
For more details:

- **Golden Gate Gardening** by Pam Peirce, pgs.297-9
- **A Cooks Guide to Chinese Vegetables** by Martha Dahlen, pg. 24
- **Growing Chinese Vegetables** by Geri Harrington, pgs. 128-31

recipes

Mister Jiu's in Chinatown by Brandon Jew

- Yellow corn and squash blossom egg drop soup, pg. 114



A Cook's Guide to Chinese Vegetables by Martha Dahlen

- culinary and medicinal uses of "coriander," pg.24
- Minced beef chowder and fish soup, pg.25

Bilingual cookbooks -

- 簡易快煮好味湯餸 = Quick and easy tasty meals
 - pg. 86: Fish soup with cilantro and century egg
 - 芫荽皮蛋魚片湯
- 滾一碗靚湯 = Quick and easy soup recipes
 - pg. 40: Clam soup with cilantro & preserved eggs
 - 芫荽皮蛋蜆肉湯

A Chinese Kitchen Garden

by Wendy Kiang-Spray

- Ginger Fish Congee, pg.167
- Steamed Sea Bass, pg. 160



YouTube video

- Sliced Fish and Cilantro Soup 魚片香菜湯
tinyurl.com/fishcilantrosoup

Japanese Mizuna ミズナ



A relative of mustard greens, mizuna has just enough bite to spice up a spring salad mix and is delicious raw or cooked or as an alternative to arugula. It can also be lightly stir-fried or placed in the bottom of a bowl before ladling hot soup over top.

From ***The Chinese Kitchen Garden***
by Wendy Kiang-Spray

planting instructions

- Sow in late winter, early spring, or mid-to-late summer.
- Seed in place 1/2 inch deep, thinned as they mature.
- Quick growing (20-45 days). Eat before goes to seed.
- Keep well-watered.

For more elaborate details , see:

- pgs. 14-16 of ***Growing Chinese Vegetables*** by Geri Harrington (available as book & ebook)
- pgs. 235-237 of ***Golden Gate Gardening*** by Pam Peirce (available as book & ebook)
- pgs. 36-8 of ***Oriental Vegetables***: the complete guide for the gardening cook by Joy Larkcom

recipes

Japanese Hot Pots by Tadashi Ono

- see index for nine recipes that call for mizuna (or just add mizuna to any hot pot recipe).



Izakaya: Japanese Bar Food

- Edamame salad with miso dressing, pg. 70

Donabe: classic and modern Japanese clay pot cooking by Naoko Takei Moore

- see index for 5 recipes that call for mizuna (hot pots, etc)

Asian Greens by Anita Loh-Yien Lau

- wilted mizuna with walnuts, pg. 30

YouTube Channel "Japanese Cooking 101"

- mizuna salad: tinyurl.com/yummymizunasalad

Tokyo Local by Caryn and Bendan Liew

- pork shabu shabu (hot pot), pg. 178

Just One Cookbook website: www.justonecookbook.com

- use the search box.
- type "mizuna" for recipes



日本の野菜レシピ

- あぶちり, pg. 119
- 水菜と高野豆腐の炒め物, pg. 118
- 焼きブリの水菜のせマスタード風味, pg. 119

Thai Basil

Rau Húng Quế (Thái)



Resembles Italian basil, but the purple stems offer a pungent taste of clove and lemon.

Sow seeds in May, 8 inches apart in fertile soil in a spot that gets direct sun for at least 6 hours per day. Pinch the tip from the center shoot of basil after it has grown for 6 weeks to force side growth and prevent early flowering. Snip off flower stalks.

Basil needs a steady supply of moisture and warm soil temperatures to produce well. In cool areas, delay mulching until the soil temperature has reached the mid-60s. Where summer really heats up and soil loses moisture quickly, you can add mulch sooner.

This heat-loving herb is susceptible to even mild frost, so harvest the remainder of your crop if temperatures are predicted to dip into the 30s.

More info:

- National Gardening Association Learning Library
 - <https://garden.org/learn/articles/view/1234>
- **Golden Gate Gardening** by Pam Peirce, pgs. 290-2

recipes

Helen's Recipes

Helen Le has a huge following on her Vietnamese YouTube channel, "Helen's Recipes." Here's some of her recipes that call for "Asian Basil."



- video of "best ever pho recipe"
<https://tinyurl.com/bestphorecipe>
- e-book: *Simply Pho*: a complete course in preparing authentic Vietnamese meals at home
- helenrecipes.com/recipe-39-pho

Món ăn Việt với Helen

của Lê Helen Hạ Huyền

- Phở Gà trang 44
- Phở Bò trang 40



The Pho Cookbook by Andrea Nguyen

- Pressure Cooker Beef Pho, pgs. 49-50

Lemongrass, Ginger & Mint by Linh Nguyen

- Classic beef Phở Bò, pgs. 104-6

Vietnamese Home Cooking by Charles Phan

- Bún bò Huế, pgs. 16-17



celebrating Asian seed stewards



Preserving & evolving heritage crops, stories, and foodways of the Asian diaspora.

Through collaborations with growers, breeders, chefs, and community organizations: supports small scale seed production by creating meaningful economies for Asian American farmers and food advocates.

Growers collaborative, seed stewards, growers guides:
www.secondgenerationseeds.com



Kitazawa Seed Company, based in Oakland, was started in 1917 by Japanese immigrant Gijiu Kitazawa.

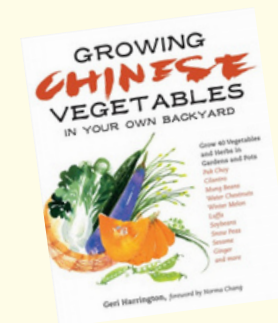


It was the first company in the United States to provide seeds for Asian vegetables used in Japanese, Thai, Indian, Chinese and Korean cuisines.

Website: kitazawaseed.com/pages/about-us

Article: tinyurl.com/berkeleysidekitazawa

Learn about GARDENING



- ***The Chinese Kitchen Garden*** by Wendy Kiang-Spray
 - growing in containers, watering, seed-sowing, pests, recipes.
- ***Growing Chinese Vegetables*** by Geri Harrington

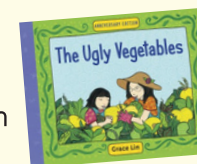
- ***Golden Gate Gardening*** by Pam Peirce
 - complete guide to year-round food gardening in the San Francisco Bay Area.
- ***A Cook's Guide to Chinese Vegetables*** by Martha Dahlen



- **Alameda County Master Gardener's Help Desk**
https://acmg.ucanr.edu/Contact_Us
- **Oakland Public Library's seed lending & gardening info:**
<https://oaklandlibrary.org/seed-lending>
- ***Minari***
movie about a family of Korean immigrants who try to make it as farmers in the rural United States during the 1980s.

STORIES FOR KIDS

- ***The Ugly Vegetables*** by Grace Lin
- ***Watercress*** by Andrea Wang



To access all resources in this pamphlet, go to:
tinyurl.com/asiangrabandgrowlist

