

# Tatsoi

**Tatsoi**, also called Spinach mustard, Spoon mustard, or Rosette bok choy, is a tasty Asian green. Tatsoi is a bit more delicate than bok choy, so it works very well in recipes calling for wilted greens. You can also mix tatsoi with lettuce and other greens and drizzle with dressing or vinaigrette. Steam, wilt, lightly stir-fry or sauté and serve with chicken, fish or other proteins. Toss in soup for flavor, or make pesto.

Tatsoi is high in beta-carotene and Vitamins A, C, and K as well as other minerals.

- See more at: <http://urbanacresfarmstead.com/tatsoi#sthash.rRDZd0cH.dpuf>

## Storage Tips:

### *How to keep greens fresh:*

- Do not, we repeat, **DO NOT** store greens on the counter top unrefrigerated, or just throw them on a shelf in the fridge! They will surely wilt and go bad quickly.
- **DO** wrap lettuce or greens in a dry paper towel and place in plastic bag in the fridge. The paper towel will absorb any excess moisture that makes the lettuce rot and will keep it fresher for much longer.
- [Here](#) is another plastic-free way to store greens in the fridge crisper drawer, lined with dish towels.

### *How to revive wilted greens:*

If your greens **DO** start to wilt, here's a simple, easy way to revive them...



- Fill a large bowl with cold water and ice cubes and immerse the greens in the water for several minutes.
  - Remove the greens from the bowl and they will be perked up and crisp again.
  - Drain carefully on towels, or run individual leaves through a salad spinner to remove the moisture.
  - Eat immediately, or follow storage tips above.
- See more at: <http://urbanacresfarmstead.com/tatsoi#sthash.rRDZd0cH.dpuf>