

Herb of the Month

Common Name: Mitsuba, Japanese Hone wort, Japanese Parsley

Botanic Name: *Cryptotaenia japonica*

Cultivation: Grows in most soils, preferring a moist shady position under trees where it often self-sows. The leaves tend to turn yellow when plants are grown in full sun.

Propagation: Seed. Germination is usually rapid.

Harvest: Plants are ready for harvest about 50 days after sowing. Harvest by cutting the stem at ground level when they are about 5 inches tall.

Hardiness Rating: USDA Hardiness Zones 4 through 9.

Parts Used: : Mitsuba is commonly cultivated in Japan, where its tender young leaves and leafstalks are used fresh or blanched for flavoring, fresh as a garnish like parsley, or cooked (lightly like spinach). Its edible roots are fried.

Roots -raw or cooked
Blanched stem - a celery substitute
The seed is used as a seasoning

Properties: This herb is used in the treatment of haemorrhages, colds, and fevers. But interesting enough, the North Carolina State University as well as other publications list it as a poisonous plant. In large quantities it can be toxic.

Recipes: The leaves tend to taste somewhat like parsley, therefore can be used as a substitute for it. See above under parts used for other uses.

