



EcoMatters

GROW MY KAI

This is a mix of green leafy vegetables that might contain:

HOW-TO



Put me in a **sunny place**, inside or outside



Water me when the soil starts to look dry

Pick my leaves to eat



MIZUNA



KALE



PAK CHOI



SILVERBEET



SPINACH



SORREL



MUSTARD LEAF



MESCLUN MIX



LETTUCE



EcoMatters

EAT MY KAI

UNCOOKED

Suitable for:

- ♥ mizuna
 - ♥ sorrel
 - ♥ mustard leaf
 - ♥ mesclun mix
 - ♥ lettuce
- and young leaves of
- ♥ spinach (kōkihi)
 - ♥ silverbeet (pūha hiriwa)
 - ♥ kale
 - ♥ pak choi

Once washed, these leaves can be eaten as they are, without cooking them.

Add to sandwiches, wraps or burgers.

Use in a salad and add other vegetables if you like.

Make an easy dressing by mixing oil and vinegar together with a pinch of salt and pepper.

FIRSTLY



Wash your hands
for 20 seconds

Pick leaves
and wash in
cold water

COOKED

Suitable for:

- ♥ spinach (kōkihi)
- ♥ silverbeet (pūha hiriwa)
- ♥ kale
- ♥ pak choi

Once washed, spinach, silver beet, kale and pak choi can be cooked.

Heat oil or butter in a pan, add some crushed garlic if you like, cook for a minute then add rinsed greens and a pinch of salt and pepper. Put a lid on the pot and cook for a few more minutes until the leaves soften.

These greens can also be added to many cooked dishes, such as curries, stews or stir fries. Add them when your dish is nearly ready, as they are quick cooking vegetables.

For more information about growing and using vegetables see ecomatters.org.nz/growmykai