

HERBS, GOURDS, AND SEEDS



1.



2.



3.



4.

SHISO/PERILLA

Perilla frutescens var. crispata

1. Perilla Red: highly serrated leaves, red on top and bottom
2. Perilla Green: highly serrated and wavy leaves, bright green
3. Ohba Shiso: flat, rounded leaf, slightly serrated. Slightly purple underneath.
4. Hojiso: A type of Shiso produced for the purple/white flowers.



MITSUBA

Cryptotaenia japonica

Literally translated to “three leaves,” Mitsuba is an aromatic, verdant herb used in light cooking or as garnish.

Two types:

- Kansai Mitsuba (left): grown for its leaves.
- Mashimori (right): stems are covered in soil to create long, white, mild-flavored stems.



KINGOMA SESAME

Golden sesame. 85 days to harvest. Mild, nutty flavor.



KUROGOMA SESAME

Black sesame. Need warm weather and well-drained soil.



BITTER GOURD, LONG THICK

Long, thick bitter gourd with dark green bumpy skin and classic bitter flavor.



SPONGE GOURD SHORT

Luffa gourd. Easy to grow in warm climates. *(stock photo)*