

CROSNE OR CHINESE CHOROGI! STACHYS AFFINIS



A perennial herbaceous plant with a tuber that's grown as a root vegetable, similarly treated like a potato from chitting to planting.

The plant is easy to grow, the tubers are small, convoluted, and indented,

The thin skin is of a whitish-brown or ivory-white colour. The flesh underneath, white and tender.

Chinese poets compare it to jade beads.

The flavour of the tubers is delicate, & is used as a vegetable or in salad compositions, but more so as a garnish.

You can eat the tubers either raw in salads or even lightly fried in butter or stir-fried in Chinese style dishes where they will make an excellent substitute to water chestnuts. Also great lightly tossed in butter over a slow heat and poured over fish which will appreciate its delicate nutty flavour.

In China, this is used primarily for pickling. Its tuber is also a part of Osechi which is cooked and used for celebrating Japanese New Year.

Its dyed red by the leaves of red Shiso (Perilla) after being pickled and then called Chorogi.

Once you have established a bed of these you will be able to harvest annually in the autumn as you would your potatoes, leaving a few in so they will self perpetuate,

Yet its not invasive at all.

Plant out mid October - April, Just as you would your potatoes

Plant 3 in (7.5 cm) deep,

10in (25 cm) apart

Plant the tubers horizontally.

Harvest Annually from late October onwards.

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