

introducing... **wasabi**

Wasabi was discovered hundreds of years ago in a remote mountain village in Japan by a farmer who then decided to grow it. Archeological remains have revealed the Japanese ate wasabi as early as 14,000 BC!

- Grow in full shade either under trees or greenhouses with shade cloth and no direct sunlight.
- Enjoys cool, moist areas away from direct sun.
- Ideal growing temperature range is 7-24 °C (45-75 °F).
- One of the rarest and most challenging vegetables to grow and all parts of the plant are edible.
- Good source of Calcium, Magnesium, Potassium and Vitamin B6.
- Excellent health benefits including, supporting healthy digestion, healthy hearts, and having anti-inflammatory properties.
- Daruma has the best looking roots, while Mazuma has a hotter flavour.

Wasabi

Colour	Green
Uses	Eating & Processing
Height	45 cm (18")
Harvest	Early Fall

Daruma | Mazuma