

# Shungiku



Shungiku can be grown as an edible flower, salad greens or especially as a microgreen. As a micro, it has thin serrated true leaves. This light green, pretty micro has a slight crunchy texture with a strong carrot, fruit, flowery flavor that also has a mild but pleasant bitterness. Great as an addition to mixed salad greens.

Contains Vitamin A, Vitamin C, Vitamin E, Vitamin K, B12, And B6.

Shungiku, also known to be the edible chrysanthemum, is another Asian herb microgreen that has a delightful floral flavor with a subtle bitter taste. This beautiful microgreen is short, has a thin serrated leaf, and light green in color. Shungiku is mild, crisp and crunchy, and can be a great complement for any salad mix.

## HEALTH BENEFITS

- Supports healthy metabolism
- Recommended for healthy skin
- Supports eyesight
- Strengthens the immune system
- Supports strong teeth and bones
- Decreases risk of blood clots
- Improves bone health

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