



SHUNGIKU

Kellee Matsushita-Tseng

Companion Planting

Kellee's work focuses on building a movement towards seed sovereignty as a means of cultivating community health and working for collective liberation. They lead community seed salons and grow food and medicine on the unceded territory of the Awaswas-speaking Uypi Tribe with a group of queer and trans AAPI humans. #bittercotyledons

Find them on Instagram @bravenewseed.

春菊

Shungiku, aka garland chrysanthemum, is a super tender and succulent green with a slightly mustardy flavor.



**SECOND
GENERATION
SEEDS**

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What does this crop mean to you?

Shungiku, or chrysanthemum greens, is incredibly nutritious and easy to grow. I've seen it thrive fairly quickly in small spaces, so I see it as an important food in terms of community food security and sovereignty. It's a food that feels distinctly of spring, with a distinctly non-Western flavor profile. I see shungiku as an accessible crop for exploring and sharing my own ancestral food heritage.

What's important to know about growing this crop?

You can direct seed shungiku and keep it well watered until it's established. Then you can cut them like salad greens or transplant seedlings to grow larger, branch-like plants that you can harvest leaves from laterally. Shungiku will perennialize and overwinter in mild climates, but the leaves are no longer as succulent and delicious on older plants. You can also use the super bright and cheery yellow blossoms as cut flowers!



Shungiku and Chabo, a woodblock print by Japanese artist Kono Bairei, 1883.

"Crisp, young leaves are the best. I love them lightly cooked, in a delicious hot pot!"