

Sherlihon



0000 – PLU

Description/Taste

Sher-li-hon is a type of mustard greens, but it's very mild and sweet with tender leaves.

Nutritional Value

Sherlihon is packed with energy-boosting, heart-healthy, disease-fighting nutrients.

These greens are a delicious source of calcium, magnesium, folic acid and vitamin K, important for bone health.

Applications

It can be used in place of other leafy greens in any dish. It is excellent when cooked into a stir-fry. These greens are tasty, sweet and suitable anywhere you'd like a more tender green with a less assertive flavor than regular or even Asian mustard greens (Gai Choy).