



THE
WASABI
COMPANY
ENGLAND



GROWING WASABI IN THE UK

thewasabicompany.co.uk

Thank you for buying a wasabi plant. We have produced the following planting and growing guide to help you bring wasabi leaves, flowers and rhizomes to harvest.

Planting

Remove packaging and plant into a pot (min size 9cm, 3") with free-draining compost to help it establish a good root structure. Harden off for 4-5 weeks.

Plant outside any time of year avoiding extremes of summer and winter. Space 30cm apart in fertile and free draining soil. Wasabi likes regular watering but will not like to sit in a puddle.

Plant so the crown of the plant is not covered but remains slightly above the soil to allow new leaves to emerge.

Wasabi is accustomed to shady river banks high in the Japanese mountains so has evolved to survive in very low light levels. It will need protecting from the summer sun with heavy shade. Under over-hanging branches, behind a tall bush or on the shaded side of a fence or wall are all good spots.

In a container use free draining compost, keep moist and provide nutrition with a top dressing of compost or a general-purpose plant food, use a 9 litre pot as minimum size.

Choose a shaded, well-ventilated spot, avoid window sills and sunny locations.

If you have a pond, wasabi will be happy on the edge provided shade is available.

Caring for your plant

Wasabi loves its summers cloudy and cool so if the weather is dull you can take solace in the fact the wasabi will be thriving.

If your shade is not sufficient in summer you will notice the leaves yellowing, provide more shade by growing a tall plant on the sunny side or fixing a piece of shade cloth above the wasabi.

A well-established plant will send large heart shaped leaves 60 cm high and a meter wide, making a striking feature in a shady



spot where other plants might struggle to gather enough light. These leaves will die back in winter as all the plant's energy travels down into the rhizomes that will be forming at the base of the stems. Remove this dead plant material and discard.

Rhizomes are swollen stems, not roots, and they hold the vital goodness that will carry the plant through winter and see it re-grow with vigour the following spring. Wasabi will survive temperatures down to -5°C . To protect it from those really cold nights, some straw or fleece covering the crown of the plant is a good idea.

Harvesting

Leaves and stems are edible and these can be picked throughout spring and summer to spice up a salad whilst you wait for rhizomes to form.

In March and April, long stems holding a cluster of delicately scented white flowers will appear. These can be eaten raw or fried in tempura batter if you are out to impress.

Patience is a virtue with wasabi and the reward of harvesting and grating your own fresh wasabi paste will be all the sweeter for the two years it can take to yield the famously pungent rhizomes. Pull the whole plant and carefully

separate the rhizomes that have formed at the base. Our website details how to store and prepare your harvested rhizomes. Select plantlets (growing shoots) and re-plant to establish your next wasabi plant.

Once established, wasabi is not unduly demanding and pests and disease are unlikely to be a problem in a healthy plant. Slugs should be deterred and aphid (greenfly) treated with a soap spray. Remove any diseased leaves. Keep the soil moist and feed with a top dressing of compost, manure or a general purpose plant food.

We think we hold the British record at 377g for a single rhizome. If anyone can beat that we would love to hear from you so we can congratulate you, publicise your feat and ask you how you did it!



Take advantage of this remarkable plant being 100% edible and use fresh wasabi leaf and stem in one of a thousand original dishes.



Oysters garnished with chopped wasabi leaf & stem

Leaves carry the familiar wasabi flavour with a mild heat. They are heart-shaped, dark green and excellent thinly sliced in salads, sautéed, fried in tempura batter or used as a wrap or garnish.

Stems have an original flavour a little like celery infused with radish. Use like a spring onion chopped into salads or casseroles or to garnish any dish. Excellent served with dips and for the cocktail lovers they make a



Wasabi leaf salad with quails' eggs and sesame oil

great stirrer for your Bloody Mary!

Wasabi rhizomes pack that famous, aromatic punch. Enjoy with sushi, soba noodles or steak and see our website for original recipes with an English twist. Follow us on twitter for updates from the farm and please let us know some of the ways you like to use wonderful wasabi.

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