

MUSTARD GREENS and MicroSoil®

Plus its effects on the Bee population

**Tests were conducted under the supervision of Dr. Layan Dawud Said, PhD.
Soil Physicist & International Agriculture Researcher**

Mustard Greens originated in the Himalayan region of India more than 5,000 years ago. Egyptians pickled them, Greeks ate them in salads, and the Chinese added them to soups and stir-fry's. India, Nepal, China, and Japan are among the leading producers.

These mustard greens, *Bassica juncea*, were grown in Fresno, California in the San Joaquin Valley (largest valley in the world) solely with MicroSoil®. This was the second year that MicroSoil® was used in this field and absolutely no inorganic (chemical) fertilizers or pesticides were applied in either year.



Dr. Layan Dawud Said, PhD. Enjoying the results of using MicroSoil® on Mustard Greens

In September of 2007, MicroSoil® was roto-tilled in with compost and the field was left fallow. In the 2nd week of August 2008, this area was irrigated to bring up the weeds, which were tilled in. Mustard seeds were planted on September 7, 2008 and these pictures were taken on November 19, 2008.

Why are these pictures of the Florida broadleaf mustard greens so important? In the first place, by following the MicroSoil® protocols, they demonstrate the power of MicroSoil® and increased organic matter, to energize the soil such that the DNA of the Mustard Seed could manifest the power locked in the seed itself, to produce such growth. Normally, Florida Broadleaf Mustards measure about 12 inch (30cm) in width and 24 inch (60cm) long. Clearly, these mustards average 24 inch (60cm) in width and are about 30 inch (76cm) in height.



Mustard Green measuring 26 inch (66cm) width, 29 inch height (73.5cm)

As regards to nutrition, Mustard Greens provide an excellent source of vitamins B1, B2, B3, B6, C, E, K, A, magnesium, protein, foliate, potassium, calcium, carotenes, manganese, copper, iron and fiber. They are low in calories and have great free radical scavenging power. They can be eaten either raw or cooked. Although these Mustard Greens are exceptionally large, they maintained their characteristic zesty, peppery, striking flavor.

Eddie Standifer in Fresno, California, USA