

MOLOKHIA

CORCHORUS OLITORIUS

Molokhia, also known as Egyptian Spinach and Jute, is a mucilaginous green commonly used in soups and stews throughout central and northern Africa and the Levant.



SEEDING

- Seeds can be found at the True Leaf Market.
Scan the QR code to view and purchase. →
- Greenhouse Start Date: April 5
- 20 Blocker Soil Blocks (1 $\frac{3}{8}$ ")
- Water every other day



PLANTING

- Space 18-24 inches apart in a single row
- Use 12-inch-spaced drip irrigation, 2-3 times per week
- Be careful of over-watering as this may lead to poor development
- Plant transplants into Bio360 or straw mulch
- Three to four months to maturity

Plant in Field:
May 20th



HARVESTING

- Pinch or cut leaf below the main leaf stem
- Harvest often as the plant enters late maturity (September here in Nebraska)
- Whole branches can be clipped and picked for easier harvest, early branch clipping (6") will produce a bushier, wider plant with more leaf growth

WASHING + PACKING

Unless quite dirty, avoid washing leaves as they can be more hydrophilic than traditional stewing greens. Leaves can be stored in produce bags, with a low relative humidity. Shelf life is short however, just over two weeks.

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