

# SALAD GREENS



***There is more to a salad than just Iceberg or Romaine lettuce!***

Baby greens, piquant mixes, watercress, endives, kales and mustards have all become readily available. No longer available in just specialty shops, these blends have gone mainstream and are even available pre-packaged! It doesn't seem so long ago when Alice Waters and others developing California cuisine started introducing us all to arugula, mache and baby bibb leaves. The simple beauty of salad greens is that they are so easy to grow. Whether you plant by seed or set out transplants, you can have fresh greens year round.

Leaf vegetables are shallow-rooted so they require a loose soil that also holds moisture. They are well adapted to either "in the ground" or container culture.

## **GROUND PLANTING:**

Prepare soil by blending Sloat Loam Builder or Planting mix 50/50 with the native soil. Incorporate *EB Stone Sure Start* and *Agricultural Lime* according to directions. Rake the bed to a fine crumble.

## **CONTAINER PLANTING:**

Use *Sloat Organic Potting Soil* and Sure Start.

## **SEEDING:**

When seeding greens, you can either plant them in rows or broadcast them. Broadcasting works best with the smaller seeds of lettuce, arugula, mustard, and mache. Water the seedbed in the morning and afternoon for the first week to ensure the germinating seedlings do not dry out. Germination takes 5 to 10 days. When the seedlings have reached an inch in height, thin to 3" apart.

## **FEEDING:**

Feed your plants monthly with a liquid fertilizer such as fish emulsion or *Maxsea All Purpose*. Planting white alyssum with your greens will help keep troublesome aphids in check. The alyssum flower is a food source for beneficial insects such as syrphid fly and parasitic wasp.

## **HARVESTING:**

To harvest your greens, there are three methods. You can wait until the plants have reached a sufficient size and harvest the entire plant or, better alternatives are to harvest the outside leaves as needed or to use the "cut and come again" method. These last methods allow you to harvest over a longer period of time. To cut, snip plants off 1" to 2" above the soil line. The plants will regrow in a matter of days. To remove individual leaves, slightly twist the leaf to the side at its base. Do not remove so many leaves that you expose too much of the stem.

Enjoy!

PLANT WATER GROW