



Salad Growing Tips

Salad greens extend far beyond traditional iceberg and romaine lettuces. Peppery, delicate varieties like baby greens, watercress, and mustard greens transform ordinary salads. And they're easy to grow in containers or in the ground. Whether you plant by seed or set out transplants, you can have garden-fresh salads year round.

Ground Planting

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 containers. Prepare soil by blending Sloat Loam Builder or Planting mix 50/50 with the native soil. Incorporate E.B. 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 greens will help keep aphids in check. Alyssum is a food source for beneficial insects such as syrphid fly and parasitic wasp.

Other Helpful Hints

To harvest greens, you can wait until the plants have reached a sufficient size and harvest the entire plant or harvest the outside leaves as needed or to use the "cut and come again" method. This allows harvesting 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.

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