

URBAN FARMER

LOVE THE EARTH

From seed to harvest: Mustard greens

Mustard greens are healthy, quick and easy to grow, so even if gardeners are unfamiliar with growing mustard greens, it is easy to learn.

To plant:

Begin mustard green seeds indoors three weeks prior to your last frost. Plant the seeds just barely under the surface of the soil and space them about a half inch apart. Once seedlings sprout, thin them to 3 inches apart. If you are planting in the fall, plant the mustard green seeds four to six weeks before the first frost for a late fall harvest.

To have a continuous harvest, practice succession planting and keep planting mustard green seeds every few weeks after you begin the first planting.

To grow:

Mustard greens don't require a lot of care, but make sure they are growing in full sun or partial shade. Mustard greens can tolerate partial shade since they only produce leaves and not fruit, such as tomatoes. These are cool-season greens, so they like cooler weather and they also grow very quickly. Provide the greens with at least 2 inches of water each week. Make sure to keep the mustard greens bed weed free so the weeds don't crowd the greens or possibly bring in unwanted diseases or pests.

To harvest:

Mustard greens should be harvested when they are young and tender because older leaves are tough and will get increasingly bitter as they age. If you notice any yellow



[Mustard greens seed available at ufseeds.com](http://ufseeds.com)

leaves appearing on the plant, discard them. You can harvest mustard greens by either picking out the whole plant or picking individual leaves. When you pick individual leaves and don't uproot the whole plant, it allows the plant to continue to grow throughout the season. You can even freeze the mustard greens you harvest and use them later on.

What mustard greens crave:

Since mustard greens are such fast growers, they oftentimes don't need fertilizer. You can amend soil with compost prior to planting, and then if you desire, you can fertilize once with a balanced fertilizer during the growing season.

Where to buy mustard greens seed:

You can find mustard greens seed on our website at [ufseeds.com!](http://ufseeds.com)



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