



Welcome to
VICTORY GARDEN 101
Grow Your Own Salad

Please mute your microphone and turn your camera off.
 Thank you!

Sound check: You should hear music playing right now.
 If not, please check your sound.

Victory Garden 101 Plan

- 🌀 Apr. 7: Preparing Your Garden Site & Soil
- 🌀 Apr. 14 - Basic Garden Planning for Success
- 🌀 **Today - Grow Your Own Salad**
- 🌀 Apr. 28 - Tips for Great Tomatoes
- 🌀 May 5 - Using Your Vertical Space
- 🌀 May 12 - Water, Weather & Weeds
- 🌀 May 19 - Common Insect Problems
- 🌀 May 26 - Common Disease Problems

K-STATE | Sedgwick County
 Research and Extension

What is a “Salad”?

🌀

What salad greens do you use in salads?

Salad Components

- 🌀 Base - Often Greens
- 🌀 Secondary Flavors
- 🌀 “Highlight” Flavors
- 🌀 Toppings
- 🌀 Garnish



Salad Components

- ☞ Flavor
- ☞ Color
- ☞ Texture
- ☞ Leaf Size



Getting Started with Salads



- ☞ Consider Your Space
 - ☞ Separate garden area
 - ☞ In your landscape
 - ☞ Indoors?
- ☞ What time of year do you want greens?

Choosing Salad Greens

- ☞ How much?
- ☞ What size?
- ☞ How often?
- ☞ What colors and flavors?



Considerations for Variety Selection



- ☞ Days to maturity
- ☞ Cold hardiness
- ☞ Heat tolerance
- ☞ Bolt resistance
- ☞ Disease resistance
- ☞ Flavor
- ☞ Type of lettuce, spinach, kale, etc. – MANY choices!

Microgreens

- Very young seedlings
- Takes a lot of seed
- Easy to grow



Leafy Greens

-
- Cool Season
- Lettuces
 - Spinach
 - Chicories
 - Arugula
 - Brassicas / Asian greens
 - Sorrels
 - Swiss Chard
 - Corn Salad
- Warm Season
- Amaranth
 - Goosefoot
 - New Zealand Spinach
 - Orach
 - Malabar Spinach

Growing Cool Season Greens

-
- Planting Time
- Late March to early April
 - Mid-August to mid-September
- Succession Plantings
- Transplant for earlier harvests

Seed and Reseed

-
- Plan continuous plantings
 - Once per week
 - Once every 2 weeks
 - One time only



Growing Cool Season Greens



- Seeding Depth and Spacing
 - Microgreens - plant thickly
 - Medium sized greens - 2-4"
 - "Baby" size greens - 6-8"
 - Full sized greens - >8"
 - Plant thicker and thin the planting

Growing Cool Season Greens



- Soil & Fertility
 - Well-drained
 - Neither too sandy nor too heavy
 - Balanced soil fertility
 - Low-analysis fertilizer
 - Add compost

Growing Cool Season Greens



- Water Needs
 - 1 - 1.5" per week
 - Water thoroughly rather than lightly
 - Wilt quickly but can recover

Growing Cool Season Greens

- IT BOLTED!!! Now what?
 - Eat the blooms in salad or stir-fry
 - Pull it up, and replant later.
 - Slow-bolting varieties



Cool Greens in a Hot Summer



- ☞ Find heat or bolt resistant types
- ☞ Swiss Chard
- ☞ Arugula
- ☞ Kale
- ☞ Light Shade
- ☞ Plenty of Water



Growing Warm Season Greens



- ☞ Planting Time
 - ☞ After soil is warm
- ☞ Soil & Fertility
- ☞ Water Needs
- ☞ Seeding Depth and Spacing

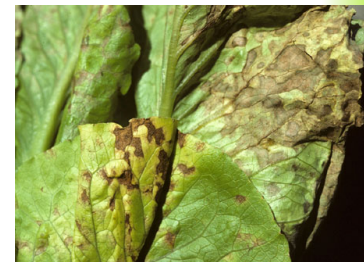
Insect Challenges



- ☞ Aphids
- ☞ Spider Mites
- ☞ Chewing Insects
- ☞ Population/damage level
- ☞ Soaps & oils
- ☞ Wash them off

Disease Challenges

- ☞ Leaf Spots
 - ☞ Fixed coppers
 - ☞ Read and follow label
- ☞ Tipburn
 - ☞ Too hot!
 - ☞ Adequate watering will help



Harvest Time



☞ What size?

☞ Whole plant or just the leaves?



Storage and Food Safety



☞ Wash

☞ Dry

☞ Cool quickly

☞ Store in a bag

Specific Leafy Greens



Lettuces



☞ Sweet & bitter types

☞ Many colors

☞ Main types:

☞ Crisphead

☞ Romaine

☞ Bibb/Butterhead

☞ Leaf

☞ Oakleaf

Spinach

- ☞ Traditional spinach
- ☞ Smooth or savoyed leaves
- ☞ Look for slow-bolting



Mustards

- ☞ “Mess of greens”
- ☞ Hot and spicy or mild and sweet
- ☞ Reds and greens
- ☞ Flat, curled, or lobed leaves



Mizuna

- ☞ Toothed leaves reminiscent of oak leaves
- ☞ Sweet with a mild mustard taste
- ☞ Common in mixes



Bok Choy

- ☞ AKA Pac Choi, Pak Choi, etc.
- ☞ Very popular Chinese green
- ☞ Dark green leaves w/ white stems
- ☞ Red leaves with green stems



Cabbage & Kale

- ☞ Many colors, shapes
- ☞ Best for salads when young and tender
- ☞ Sharp, strong flavor
- ☞ Very hardy



Beet Greens & Swiss Chard

- ☞ Dark green leaves with colored veins
- ☞ Earthy and sweet beet flavor
- ☞ Best for salad when smaller



Arugula

- ☞ AKA Rocket, Rucola
- ☞ Strongly flavored
- ☞ Rich and peppery
- ☞ Slightly to deeply lobed leaves
- ☞ Used at all sizes



Radish

- ☞ Heart-shaped cotyledon leaves
- ☞ Lobed full-size leaves
- ☞ Colored stems
- ☞ Spicy radish flavor
- ☞ Use any radish seed for microgreens
- ☞ Leaf Radish varieties



Peas



- ☞ Tendrils and leaves
- ☞ Fresh pea taste
- ☞ Grow quickly
- ☞ Best used when 4-6"

Frisee & Other Chicories

- ☞ Highly curled and frilled green leaves
- ☞ Sometimes the centers are blanched
- ☞ Bitter greens
- ☞ Chicory, Puntarelle, Radicchio, Endive, Escarole



Mesclun Mixes



- ☞ Available from various seed companies
- ☞ Lettuce blends
- ☞ Spicy blends
- ☞ Mild blends

Warm Season Greens

**WE MUST FIND
A
REPLACEMENT
FOR SPINACH!!!**

Amaranth

- Great source of vitamins and minerals
- Spinachy taste
- Various colors
 - St. Joseph's coat
 - Burgundy



Goosefoot

- Green and purple varieties
- Looks like Lamb's Quarter



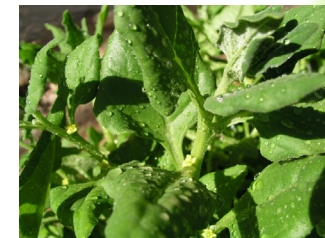
Orach – Red Orach

- Green or purple leaves, serrate margins
- Highly ornamental when mature
- Spinach taste



New Zealand Spinach

- Native to the Southern Hemisphere
- Thick, fleshy leaves
- Spinach taste



Malabar Spinach

- ☞ Vigorous vine
- ☞ Succulent and juicy
- ☞ Highly heat tolerant

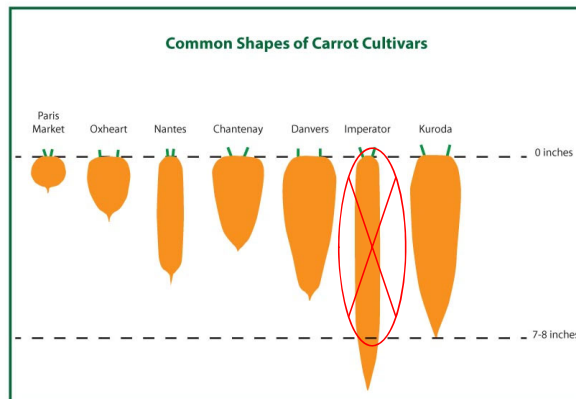


A Few Saladish Root Veggies



Carrots

Common Shapes of Carrot Cultivars



Carrot Variety Considerations



- ☞ Earliness/Days to Maturity
- ☞ Cold Tolerance & Overwintering
- ☞ Flavor
- ☞ Root Shape (soil type)
- ☞ Color
- ☞ Vigor & Strength of Tops
- ☞ Bolting in Heat



Tips & Tricks for Carrots



- Consistent Soil Moisture for Germination & Growth
- Radishes to Mark Rows?
- Thin to Ideal Spacing
- Grow Short Carrots in Clay Soils
- Add Organic Matter
- Mulch

Beet Variety Considerations



- Monogerm Seed?
- Color
- Shape
- Germination/Seedling Vigor
- Storage Characteristics
- Quality of Greens



Tips & Tricks for Beets



- Thin to Appropriate Spacing
- Eat the Thinnings!
- Mulch
- Keep Weeds Out
- Don't Disturb Roots
- Plenty of Phosphorus
- Boron?



Radishes



Spring

- 25-40 DTM
- Red, White, Pink, Purple, Yellow, Bicolor
- Hotter with Heat/Stress



Fall

- 50-60 DTM
- Daikon, Round types
- Good for Long Storage



Turnips



- ☞ Very Cold Hardy
- ☞ Better Flavor in Colder Weather
- ☞ Good for Long Storage
- ☞ Thin to Desired Spacing
- ☞ Soil Temp - 40 degrees



Kohlrabi



- ☞ Seed or Transplant
- ☞ Spring & Fall plantings
- ☞ Usually eaten raw
- ☞ Waxy leaf like broccoli



Questions?



- ☞ For More Information:
 - ☞ Master Gardener Hotline
 - ☞ sgemghotline@gmail.com - preferred
 - ☞ 316-660-0190
 - ☞ M-F, 9-12 and 1-4
 - ☞ Walk-In Clinic (not right now, but eventually)
 - ☞ Extension E-Newsletter
 - ☞ Text: EXTENSION to 42828
 - ☞ Horticulture Information Center:
 - ☞ <http://hnr.k-state.edu/extension/info-center/>

Social Media



- ☞ Facebook Page:
<http://facebook.com/sedgwickextension>
- ☞ Instagram: @ksresedgwickco
- ☞ The Demo Garden blog:
<http://thedemogarden.org>