

# Victory Garden 101: Grow Your Own Salad Notes Page

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

#### Leafy Greens - Warm Season

- Amaranth
- Goosefoot
- New Zealand Spinach
- Orach
- Malabar Spinach

#### Growing Cool Season Greens

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

#### Plan continuous plantings

- Once per week
- Once every 2 weeks
- One time only

#### 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

#### Soil & Fertility

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

#### Water Needs

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

#### 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

#### 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

### 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

#### 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

## Beets

### 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](mailto: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>

## References & Resources for Additional Learning

### Find Your Local Extension Office & Resources:

**Kansas:** <https://www.ksre.k-state.edu/about/stateandareamaps.html>

**Other States:** Do an internet search for “*your state* extension” or “*your county* extension.” It is usually affiliated with the land grant university in your state.

**Kansas Garden Guide:** <https://bookstore.ksre.ksu.edu/pubs/s51.pdf> (pages 6-8, 21-23, 30-32, 40-42, 43-48, 51-69, 75-76)

**Vegetable Garden Planting Guide:** <https://bookstore.ksre.ksu.edu/pubs/mf315.pdf>

**Recommended Vegetable Varieties:** <https://bookstore.ksre.ksu.edu/pubs/L41.pdf>

### K-State Fact Sheets:

Beets & Chard: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Beets.pdf>

Carrot: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Carrot.pdf>

Chinese Cabbage: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Chinese%20Cabbage.pdf>

Cold Sensitivity of Vegetables: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Cold%20Sensitivity%20of%20Vegetables.pdf>

Lettuce: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Lettuce.pdf>

Fall Vegetable Gardens: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Fall%20Vegetable%20Garden.pdf>

Kale: <https://hnr.k-state.edu/doc/hort-tips/vegetables/KALE.pdf>

Kohlrabi: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Kohlrabi.pdf>

Mustard Greens: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Mustard%20Greens.pdf>

Spinach: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Spinach.pdf>

Turnip: <https://hnr.k-state.edu/doc/hort-tips/vegetables/Turnip.pdf>

**Growing Vegetables in Pots:** <https://bookstore.ksre.ksu.edu/pubs/MF2873.pdf>

**Videos:**

Colorful Fall Veggies: <https://kansashealthyyards.org/all-videos/video/colorful-fall-veggies>

Grow Your Own Salad Mix: <https://kansashealthyyards.org/all-videos/video/grow-your-own-salad-mix>

Harvesting Lettuce: <https://kansashealthyyards.org/all-videos/video/harvesting-lettuce>

Planting a Fall Garden: <https://kansashealthyyards.org/all-videos/video/planting-a-fall-garden>

Transplanting Lettuce to the Garden: <https://kansashealthyyards.org/all-videos/video/transplanting-lettuce-to-the-garden>