

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing greens

Greens can include anything from mustard greens to bok choy and arugula, and the leafy vegetable has a wide range of uses as well, such as steaming mustard greens or using greens in salads. Greens offer many micronutrients and taste profiles, with tastes ranging from the spicy bite of mustard greens and arugula to the sweet, delicate leaves of a spring mix.

To plant:

Greens are a cool-weather crop, and are oftentimes easy to start from seed. Plant them outside three weeks before the last frost date. For a fall harvest, begin planting greens seeds mid-summer. Plant each seed just under the soil, about ½ inch apart. Once seedlings show, thin them to 3 inches apart. Plant new seeds every three weeks for a continuous harvest.

To grow:

Greens like plenty of sun but can tolerate partial shade, and they require 2 inches of water per week. Keep the area weed free, especially when the greens are young. Use row covers to keep pests away and to grow pristine leaves. Greens can be grown in a container or a pallet garden if a gardener is lacking space.

To harvest:

Greens can be harvested by cutting down the entire plant or picking each leaf individually as they grow. Discard any yellow leaves, and pick the leaves when they are young and tender, as older and larger leaves taste more bitter. Greens will often grow more leaves once some of the leaves are harvested. To continue the plant's growing season, use small shears and remove all the leaves from the stalk, but



[Sylvestra Arugula seeds available at ufseeds.com](http://ufseeds.com)

leave the stalk. Fertilize and water, and more leaves will grow.

What greens crave:

Leafy greens need nutrients available in 5-10-10 and 10-10-10 fertilizers, as well as organic options like bone meal, blood meal and dehydrated manure. Following the instructions on the container, spread the fertilizer evenly across the greens. Mix the fertilizer into the top 2 inches of soil prior to planting. Seeds are sensitive to fertilizer, so mixing it with the soil before planting will help prevent any problems.

Where to buy greens seeds:

Urban Farmer offers a large array of different kinds of greens, including salad mix, arugula, bok choy, mustard greens seeds and more. Check out our website at [ufseeds.com!](http://ufseeds.com)



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