

# URBAN FARMER

LOVE THE EARTH

## From seed to harvest: Quinoa

Quinoa greens are mild and they are packed with many vitamins and minerals. If you harvest the seeds, they can be ground into flour, which is gluten free. Quinoa is easy to grow.

### To plant:

Direct sow the quinoa seeds in late April or early May, when the soil temperatures are between 65 and 75 degrees Fahrenheit. Seeds will germinate within 4 to 10 days. Sow the seeds 1/4 inch deep and space 10 seeds per 12 inches. However, if you are planning to use the very young leaves instead of letting quinoa reach its potential, you may space the plants closer together.

### To grow:

Quinoa greens do best when grown in soil with a pH of 6.0 to 7.5. It prefers well-drained, loamy soil and can benefit from added organic matter, as well. Keep the beds well weeded so the weeds don't take energy from the quinoa plants. Weeds also can bring in unwanted pests and diseases. Other than those few suggestions, quinoa is mostly drought tolerant and even looks good as a backdrop or border for flower beds. Keep in mind that young seedlings may be susceptible to slug or snail damage. If you keep the beds free from debris, it should help cut down on pests. Only water the plants if they seem excessively dry.

### To harvest:

Quinoa is mostly used for its seed, which serves as a great grain dish, but quinoa can also be harvested for its greens. The quinoa plant is related to the beet plant, which also can be harvested for its greens. If harvesting



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

for leaves, harvest the leaves when they are young by plucking them from the plant. However, if you hope to harvest the quinoa seeds to use as grain, the seeds are ready when they fall easily out of the seed head. The easiest ways to harvest are to use a bag and hit the seed heads against the inside of the bag so the seeds fall off into the bag. Be sure to wash the seeds before eating them because they are coated with saponin, a bitter tasting substance that protects the seed from birds.

### What quinoa craves:

Quinoa responds well to nitrogen fertilizer, so if you wish to boost your quinoa's growth, add a nitrogen heavy fertilizer.

### Where to buy quinoa seeds:

Urban Farmer's Brilliant Rainbow Quinoa contains a spectrum of red, orange, gold, white and green heads. You can find quinoa seeds on our website at [ufseeds.com!](http://ufseeds.com)



100%  
Non-GMO Seed



One Day  
Shipping



100%  
Satisfaction Guarantee



Family  
Owned + Operated