

# Grow Your Own Salad



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## 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



# Size Matters!



- ❖ Affects texture
- ❖ Affects flavor
- ❖ Affects usability



# Grow Your Own Salad



- ❖ Types of Greens
- ❖ Growing Methods & Techniques
- ❖ Insects & Diseases
- ❖ Harvest & Storage

# Types of Greens

❖ Warm Season Greens

❖ Cool Season Greens



## Cool Season Greens



❖ Arugula	❖ Kale
❖ Beets	❖ Komatsuna
❖ Bok Choy	❖ Lettuces
❖ Cabbage	❖ Mizuna
❖ Celery	❖ Mustards
❖ Cilantro	❖ Peas
❖ Collards	❖ Radish
❖ Corn Salad	❖ Sorrels
❖ Cresses	❖ Spinach
❖ Fennel	❖ Swiss Chard
❖ Frisee (Chicories)	❖ Tatsoi

## Cool Season Greens

Lettuce,  
Spinach

Mustards,  
Mizuna,  
Asian Greens

Swiss Chard,  
Beets

Arugula,  
Cress,  
Watercress

Cilantro,  
Celery,  
Fennel

Pea, Radish,  
Corn Shoots

Sorrel, Frisee,  
etc.

## Lettuces



- ❖ Sweet & bitter types
- ❖ Many colors
- ❖ Main types:
  - ❖ Crisphead
  - ❖ Romaine
  - ❖ Bibb/Butterhead
  - ❖ Leaf
  - ❖ Oakleaf

# Spinach

- ❖ Traditional spinach
- ❖ Smooth or savoyed leaves
- ❖ Oriento – slow bolting
- ❖ Bordeaux – red midrib



# 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



## Cress & Watercress

❖ Garden Cress

❖ *Lepidium sativum*

❖ Peppery, tangy flavor

❖ Very fast growing



❖ Watercress

❖ *Nasturtium officinale*,  
*N. microphyllum*

❖ Semi-aquatic

❖ Strong, spicy mustard flavor



# Cilantro

- ❖ AKA Coriander
- ❖ Citrusy overtones
- ❖ Soapy taste?
- ❖ Broadly lobed leaves
- ❖ Edible Parts: Leaves, flowers, young seed pods, and dry seed pods
- ❖ Bolts quickly if too hot



# Fennel



- ❖ Very fine, highly ferny foliage
- ❖ Highly aromatic
- ❖ Sweet and tangy anise flavor
- ❖ Bronze and green varieties
- ❖ Edible Parts: Leaves, flowers, and bulbs

# Cutting Celery



- ❖ Aromatic
- ❖ Lightly flavored
- ❖ Does not develop an enlarged stalk
- ❖ Leaves resemble parsley

Celery flavor without the big chunks of celery!

# 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"

# Sorrels



- ❖ Mild spinach flavor with a sour lemony overtone
- ❖ Sword or spear-shaped leaves
- ❖ Bitter when older
- ❖ Use in moderation

## Frisee & Other Chicories

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



## Corn Salad



- ❖ AKA mache, mâche, lamb's lettuce
- ❖ Sweet, slight corn flavor
- ❖ Low growing rosette with spoon-shaped leaves
- ❖ Velvety, tender leaves
- ❖ Can be used raw or cooked like spinach
- ❖ VERY cold tolerant

## 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

## Getting Started with Salads

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❖ 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?



## Microgreens

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



# Growing Cool Season Greens

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

# Seed and Reseed

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



# Growing Cool Season Greens

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- ❖ 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

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- ❖ 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

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



## Growing Warm Season Greens

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- ❖ 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

Questions?

