

# 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



- ❧ 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



## ❧ 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
- ☞ 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



# Questions?

