



## Mustard Greens Planting Guide

### About Mustard Greens

Harvested young, mustard greens are delicious in salads, offering a similar taste to that of spinach. As they mature, they can be used in soups and stir fries. They are a staple in the south but will adapt perfectly to any climates and are easy to grow.

### When to Plant

In the spring, plant your mustard green seeds outside about 3 weeks before the average last frost date. If you are doing successive plantings to get a longer harvest, keep planting about every 3 weeks during the spring. If you want a fall harvest, plant the seeds in mid-late summer. But, keep in mind, mustard greens are a cool season crop and struggle to grow in extreme summer heat.

### Where to Plant

Plant your mustard green seeds in an area with full sun or partial shade for best results. These plants need both well-draining soil and plenty of nutrition. The pH of your soil should be no less than 6.0. Constant moisture and cool weather is preferred, and a light frost can improve the flavor of mustard greens.

### How to Plant

Plant your seeds 1/4-1/2" deep and about 6" apart from each other. Mustard is very easy to germinate and may do so as early as 1-2 days after sowing.

### Caring for Mustard Greens

Mustard greens need plenty of water to thrive, so keep an eye on the rainfall to ensure the greens don't wilt. After seeds sprout, thin seedlings to 3" apart. The longer the leaves grow, the stronger and more bitter their taste will be. It is best to harvest mustard greens when the leaves are tender and young, about 20-30 days after sowing. Baby greens can be harvested with a sharp pair of shears, snipping off the whole plant just above the crown. To harvest mature mustard greens, simply snap off the outermost leaves with your thumb and forefinger, leaving the growing point intact.