

Salad, Oriental

Vegetable

Suggested varieties: *Komatsuna, Mizuna, Mustard Greens, Mustard Spinach, Pak Choi*

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant; giving more space to produce bigger plants

GROW



Keep soil moist for continuous growth. Remove weeds carefully. Protect from slugs. Grow early and late crops under cloches or horticultural fleece

EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

Growing guide

Easy!

Average time to harvest

4-12 weeks

Equipment needed

Horticultural fleece

Germination time

3-12 days

Average plant size

20cm tall and wide

Family group to grow with

Various

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

Sow outdoors

Plant out/transplant

Harvest

Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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