



Organic Specialty Greens - Growing Information

AMARANTH **Amaranthus spp.**

PLANTING INFO:

Planting depth: 1/8-1/4"; Seeding rate: 12-15 sds/ft; Plant spacing: thin to 6"; Row spacing: 12-18".

CULTURAL INFO:

Amaranth is a tender annual that thrives in the heat of the summer. Young leaves are tender and nutritious and have a delicate flavor when used for salad greens, braising greens or a refined garnish. Harvest individual leaves when plants reach 8" tall. Pinch off terminal buds to encourage branching and leaf development. Seeds can also be harvested for use as a grain.

SEED SPECS:

30M seeds/oz. M=1,000

ARUGULA

PLANTING INFO:

Seed depth: 1/4". For baby leaf- Seeding rate: ~60 sds/ft in a 2-4" band; Row spacing: 3/4" between bands. For full size- Seeding rate: ~10 sds/ft; Plant spacing: thin to 4-6"; Row spacing: 18" apart.

CULTURAL INFO:

Arugula is a hardy annual grown as baby leaf or full size greens. Sow every 3 weeks from mid-spring for a continuous harvest. Use floating row cover when planting to protect from flea beetles. Leaves are still edible after flowers appear but taste is sharper. Immature flower buds can be used as an edible garnish too! Will overwinter in moderate climates for early spring harvests.

SEED SPECS:



Astro- 15M seeds/oz, Sylvetta Wild- 120M seeds/oz. M=1,000

See below for seed saving instructions. Do not know how you want to organize this?

BEEET GREENS

PLANTING INFO:

Seed depth: 1/2". Baby leaf- Seeding rate: ~40 seeds/ft in a 2-4" bands; Row spacing: 3/4" between bands. Full size greens- Seeding rate: ~30seeds/ft; Plant spacing: 1"; Row spacing: 12-18".

CULTURAL INFO:

Beet greens are best used as a heat loving summer green, but can tolerate cool temperatures and mild frosts quite well. Greens may be harvested individually on growing plants, or grown as baby leaf greens. Direct seed as soon as soil can be worked. Harvest by cutting plants 1" above ground or cut individual leaves for cut and come again.

SEED SPECS:

1,500-1,625 seeds/oz (1,560 avg); 24,000-26,000 seeds/lb (25,000 avg). M=1,000

SEEDING RATES:

Babyleaf - 20M seeds/100' (~13oz/100'), 200M seeds/1000' (~8lb/1000') using ~40 seeds/ ft on 30" beds, with 5 bands at 4" band spacing. Full size greens- 9M seeds/100' (~6oz/100'), 90M seeds/1000' (~4lb/1000') using ~30seeds/ft on 3 rows on a 30" bed, 12" row spacing.

CHRYSANTHEMUM GREENS Chrysanthemum coronarium

PLANTING INFO:

Planting depth: 1/8-1/4"; Seeding rate: 12-15 sds/ft; Plant spacing: thin to 6"; Row spacing: 12-18".

CULTURAL INFO:

A highly popular Japanese green now becoming recognized in the US. Aromatic leaves are rich in vitamin B and minerals and commonly used along with the young stems in



dishes such as tempura or sprinkled on top of soups and salads or in stir-fry. Prefers mild or slightly cool climates. Cultural info is similar to amaranth greens, pinching leaves and tops as desired or cut full size greens at base when 4-8" tall. Can be grown as a baby leaf too but tends to have a flat basil rosette in early stages of growth. Produces beautiful yellow flowers on 6' bushes if grown to full maturity.

SEED SPECS:

17M seeds/oz. M=1,000

ENDIVE AND ESCAROLE *Chicorium spp.*

PLANTING INFO:

Baby leaf days to maturity are from direct seeding, full size is from transplant. Seed depth: 1/8". For baby leaf- Seeding rate: ~30 sds/ft; Row spacing: 3/4" between bands. Full size open heads- Plant spacing: 10-12"; Row spacing: 12-18" apart or 3 rows, 10" apart on 36" beds, 5' centers.

CULTURAL INFO:

Members of the chicory family, endives and escaroles are hardy biennials that prefer cool temperatures and short days. Plants are tolerant to heat as well as cold and are grown like lettuce. Endives have frilly and serrated leaves, while Escaroles have broad leaves and Catalogna endives (dandelion greens) are long and thin with softly serrated edges. Start transplants 6-8 weeks before planting date. Plant heads closer together for self-blanching technique or cover centers for 3 days before harvest. Harvest as you would lettuce. Light frosts in fall will improve flavor.

SEED SPECS: endive- 17-20M seeds/oz, escarole- 13-16M seeds/oz. M= 1,000, MM=1,000,000

SEEDING RATE:

Baby Leaf Endive - 96M seeds/100' bed (~ 4 oz), 960M seeds/1,000' bed (2.5 lbs), 7.7MM seeds/acre (~20 lbs), using ~960 seeds/ft, 16 rows/bed, 36" beds, 6' row centers. Full Size - 360 plants/100' beds (~1/32 oz), 3,600 plants/1,000' beds (1 oz), using 10" spacing, 3 rows/36" bed, 5' center beds. 31M plants/acre (~2 oz), using 10" plant spacing, 18" row spacing.

FLOWERING BRASSICAS *Brassica rapa subsp.*

**PLANTING INFO:**

Days to maturity are from direct seeding. Seeding depth: ½"; Seeding rate: 10-12 seeds/ft; Plant spacing: 2"; Row spacing: 18-24".

CULTURAL INFO:

Moderately hardy annuals that combine qualities of mustard greens and broccoli for salads and light cooking. Grown for their tender flowering shoots, this large family of vegetables has no central head but many tender leaves and side shoots with penny size clusters of buds. Many plants in this family are quite beautiful in the garden, some favoring cooler seasons and some preferring heat. Use floating row cover when planting to protect from flea beetles. Will tolerate light frosts. Harvest multiple times as flower stalks peak above foliage or for a one time harvest.

SEED SPECS:

Hon Tsai Tai- 10M seeds/oz, Spring Raab- 17M seeds/oz. M=1,000

ORACH *Atriplex hortensis***PLANTING INFO:**

Planting depth: 1/2". Seeding rate: 12-15 seeds/ft. Plant spacing: thin to 6-10", Row spacing: 18-24".

CULTURAL INFO:

Orach is a hardy annual also known as "Mountain Spinach". It is often touted as a warm season green, but is actually a cool-season plant that does not go to seed easily in hot weather. Use as an alternative to summer spinach, when spinach leaves become bitter. Sow seeds as soon as soil can be worked. Harvest individual leaves when plants reach ~10" tall. Pinch off terminal buds to encourage branching and leaf development.

SEED SPECS:

6M seeds/oz. M=1,000

PURSLANE *Portulaca oleracea var sativa***PLANTING INFO:**

Days to maturity are from direct seeding. Seeding depth: 1/4"; Seeding rate: ~24 seeds/ft; Plant spacing: 4-6"; Row spacing: 16-20".

CULTURAL INFO:

Warm weather specialty salad green grows as a tender annual. Purslane has a tangy flavor, with a crisp texture and is packed with Omega 3 fatty acids. Direct seed or



transplant after all danger of frost has passed and soil has warmed. Pick individual leaves as needed. Prefers summer heat and will not tolerate frost.

SEED SPECS:

65M seeds/oz. M=1,000

RADISH GREENS *Raphanus sativus*

PLANTING INFO:

Seed depth: ¼". For baby leaf- Seeding rate: ~60 seeds/ft in a 2-4" band; Row spacing: 2/3" between bands. Harvest when leaves are ~3" tall by cutting 1" from ground or pick individual leaves for cut and come again. For full size- Seeding rate: ~15 seeds/ft; Plant spacing: thin to 3"; Row spacing: 6-8".

CULTURAL INFO:

Radish greens have been bred for virtually hairless leaves and a delightful mild radish flavor in the leaf as opposed to the root. Hardy annual plants produce the best quality greens in the spring and fall. Grow as baby leaf or thin plants and harvest with small radish roots at the end of each plant– perfect for bunching! Sow every 4 weeks from mid-spring for a continuous harvest. Use floating row cover when planting to protect from flea beetles. Also works well as a micro green and sprout too!

SEED SPECS: 1,250 seeds/oz. M=1,000

RADICCHIO *Chicorium intybus*

PLANTING INFO:

Days to maturity are from transplanting, add 14-21 days if direct seeding. Seed depth: 1-2"; Plant spacing: 3-4"; Row spacing: 24".

CULTURAL INFO:

A close relative of endives and escaroles, radicchio is a tender perennial best suited for cool temperatures. Radicchio can be used as a cutting green, but beautiful pigments, crunchy texture, and complex flavors don't fully manifest until maturity when they form tight heads similar to cabbages. Best flavor is always in cool conditions. Prefers soils with good water holding capacity and pH above 6.5. Start transplants 4-6 weeks before planting date or direct seed in spring or mid-summer after soil has warmed. Tolerates light frost.

**SEED SPECS:**

14M seeds/oz. M=1,000

GARDEN CRESS *Lepidium sativum***PLANTING INFO:**

Seed depth: ¼"; Seeding rate: ~20 seeds/inch in 2-4" wide bands; Row spacing: 2-4" between bands.

CULTURAL INFO:

A fast-growing cool season peppery salad green that sprouts in 24 hrs! Annual garden cress is somewhat different than upland cress (see below) or watercress and much easier to grow. Direct sow seeds in flats or outdoors as soon as soil can be worked. Sow thickly every 2-3 weeks for a continuous harvest through spring and late summer. Harvest when plants reach 2-3" tall by cutting 1" from ground for cut and come again or harvest entire plants all at once. Prefers cool temperatures and can become bitter and inedible in hot conditions.

SEED SPECS:

10M seeds/oz. M=1,000

UPLAND CRESS *Barbarea verna***PLANTING INFO:**

Seed depth: ¼"; Seeding rate: ~12 seeds/ft; Plant spacing: thin to 4". Row spacing: 12-18".

CULTURAL INFO:

Plants have long stalks with quarter sized leaflets that spiral from the base and are slow to bolt. Resembles watercress but much easier to grow in a wide range of conditions. Naturally a tender perennial but grown as an annual or biennial. Best sown in late summer for fall and winter harvests. Direct seed as soon as danger of frost has passed through late summer. Harvest as needed by cutting leaflets for a cut-and-come-again crop or cut entire plant below crown for bunches.

SEED SPECS:

19M seeds/oz. M=1,000



MUSTARDS Brassica juncea

PLANTING INFO:

Seed depth: ¼". For baby leaf- Seeding rate: ~60 seeds/ft in a 2-4"; Row spacing: 2/3" between bands. Harvest when leaves are ~3" tall by cutting 1" from ground or pick individual leaves for cut and come again. For full size- Seeding rate: ~12 seeds/ft; Plant spacing: thin to 6"; Row spacing: 18".

CULTURAL INFO:

Most Brassica greens are moderately hardy annuals that can be sown from early spring through midsummer. Commonly grown as baby leaf for salad mixes in the US, and also traditionally grown for full size leaves in ethnic cuisine or stir-fry and pickled. Light cooking dispels mustard heat to reveal a very sweet and full flavor. Direct seed as soon as soil can be worked. Sow every 3 weeks into fall for a continuous harvest. Harvest leaves as desired. Use floating row cover when planting to protect from flea beetles.

SEED SPECS:

16M seeds/oz. M=1,000

ASIAN GREENS Brassica rapa subsp.

PLANTING INFO:

Seed depth: ¼". For baby leaf- Seeding rate: ~60 seeds/ft in a 2-4"; Row spacing: 2/3" between bands. Harvest when leaves are ~3" tall by cutting 1" from ground or pick individual leaves for cut and come again. For full size- Seeding rate: ~12 seeds/ft; Plant spacing: thin to 6"; Row spacing: 18".

CULTURAL INFO:

Most Asian Greens are moderately hardy annuals and can be sown from early spring through midsummer. Asian greens are in the same family as mustards but tend to have a mild flavor and lack the spiciness that many mustards are known for. Asian greens include an assortment of species that can be grown for baby leaf or full size crops.

SEED SPECS:

12M seeds/oz. M=1,000

SEED SAVING INSTRUCTIONS for Asian greens, mustard greens, arugula and flowering brassicas:



Insect pollinated. Different varieties of the same species must be isolated by a ¼ mile from each other to prevent cross pollination. Physical barriers such as tree lines, woods or buildings may make shorter isolation distances possible. Allow plants to bolt and flower. Staking may be required. Harvest individual pods or stalks as they begin to dry. Seed can easily be lost due to shattering so harvest into bags or onto a tarp while they are still damp with dew in the morning. Use a 1/8" screen to help with cleaning. Seeds will remain viable for 5 years under cool and dry storage conditions.