



Nichols Garden Nursery

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NicholsGardenNursery.com



**Herbs, Seeds & Goods
For the Gardener Cook**

**Serving Home Gardeners
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GREENS Harvest when leaves are young and tender.

Plants generate up to five cuttings. Most salad greens tend to bolt in hot weather. Add bolting flowers to salads. Plant in early spring and again starting the first part of August for a fall garden. Salad greens are one of the easier vegetables to grow and are suitable to many different growing situations.

Planting Recommendations: Plant in spring as early as the ground can be worked and soil temperature is between 45° and 85°. Plant in fertile, well prepared soil. Seed should be planted 1/4" deep in rows 12" apart. Thin to 5" apart when the plants are 2" to 4" high. Germinates in 5-10 days. Plant every 2-3 weeks in spring for continuous supply until weather is hot. Start planting again in late summer as weather cools.

Harvest : Pick the entire head or plant at one time, perhaps a little of this and a little of that for a salad of mixed greens. For continued harvest use the following harvest method. **Cut and Cut Again Harvest Method:** Leafy vegetables are ideal for a cut and cut again approach to harvest. Instead of uprooting the entire plant just cut the leaves you need. Perhaps a little of this and a little of that for a salad of mixed greens. Let the plant continue growing and you will have several harvests from a single planting. Traditional European blend of leafy greens, sometimes with herbs, which looks equally beautiful in the garden and in the salad bowl. Use one of our mesclun mixes or create your own. Author Dress lightly with a good oil and fine vinegar. Plant short rows of each and thin as they mature. For Cut and Cut Again, harvest the tender young leaves from the crown of each plant. The large outer leaves are left intact and act as feeder leaves for the plant. For new crown growth, never pick the most central growing tip. Replant as the patches age.

General Planting Info:

Planting Depth: 1/4"

Germination Temp: 45°-85°

Days to Germinate: 5-10

Growing Soil Temp: 50° to 70°

Spacing 2" to 6"

Planting Location: Partial Shade-Full Sun

Planting Notes:

Seeds per ounce: Approx. 2800

Seeds per gram: Approx: 350

1 gram packet plants 10 ft.

1/2 oz. plants 100 to 150 ft.

GARDENER'S SALAD

This recipe uses some of the seasonal greens now available. Arugula, also known as garden rocket, is a quick growing, flat leaved green that has a nutty and rather peppery taste. It is very easy to grow, but sells for a premium price in the market, so gardeners in-the-know grow their own.

4 cups mixed corn salad & arugula

1 cup sliced beets

2 cups chopped green onions

1/4 cup olive oil

3 tablespoons red wine vinegar

1 teaspoon Dijon mustard

salt & pepper to taste

Rinse and trim greens, drain excess water. Place greens in a salad bowl, arrange beets and onions over greens. Whisk oil, vinegar, mustard and seasonings together and pour over salad. Serves 4