



# Growing Guide: Mixed Greens



## Top 5 Reasons to Grow Oriental Mixed Greens

1. Easy to grow
2. Nutritious – rich in vitamins A, B, C & K
3. Tons of Variety – oriental greens have a vast range of leaf shapes, textures and flavours. From creamy to spicy there is something for everyone
4. Always in Season – can be sown and harvested all year long
5. Cut & Come Again – all oriental greens will grow back for a second (and even a third or a fourth) harvest

### Step 1: Sowing

**When to sow:** Oriental greens can be sown all year long!

**Where to sow:** Sow direct in the soil or in module trays for later transplanting. While some salads can't be grown in containers due to needing more room, oriental greens grow fantastically in containers.

**How to sow:** If sowing in module trays, sow about 5 seeds per module. Allow 25cm between rows and plants (with 5 plants at each station). If sowing directly into soil make shallow drills (about 1cm deep) – allow 25cm between drills. If sowing in containers fill with compost, sprinkle seeds lightly on the surface and cover with a thin layer of compost.

**Sowing Tip:** Keep the compost moist and put the tray somewhere warm and sunny.

### Step 2: Growing

Most of the oriental greens family is versatile and there are a few different ways to grow them. Grow it as single plants that are spaced 30cm apart and will grow up to 30cm tall with leaves harvested from it over a long period of time. Grow it as a 'cut and come again' crop – where multiple plants are sown about 10cm apart with the leaves harvested when young.

**Growing Tip:** Keep the rows in between the leaves weed-free and water in dry weather (or if you are growing them inside a greenhouse).

### Step 3 - Harvest

At sometimes of the year, you can harvest as early as 3-4 weeks after sowing, particularly when you are growing for 'cut and come again' small leaves. You can cut it back with scissors and expect a second, third, or even fourth crop of delicious leaves.

**Harvesting Tip:** You can either harvest individual leaves by hand-picking or cut with scissors down to about 5cm from the soil.

### GIY Tips

- » Mizuna will tolerate semi-shade so ideal for a shady garden.
- » Mustard Red Giant gets hotter as it grows bigger!
- » Rocket will grow well in pretty much any type of soil, as long as it's reasonably