

GROWING GUIDE FOR MUSTARD & MUSTARD GREENS

Binomial Name:	Brassica & Brassica juncea
Varieties:	Southern Giant, Japanese Giant Red
Start:	Seeds or seedlings
Germination:	4-7 days, 7°C to 30°C
Seed Life (viability):	4 years
Soil:	Well drained
Sunlight:	Full sun, part shade
Sow Seeds:	3 cm apart
Transplant Seedlings:	15 to 45 cm apart
Ave. Days to Harvest:	35 to 65
Good Companions:	Cabbage, Cauliflower, Radish, Brussels sprouts
Bad Companions:	

Sowing & Planting:

This cool-season green adds a peppery zing to salads and also makes an attractive addition to ornamental plantings. Some varieties have contrasting white or purple stems and veins or have crinkled or savoyed leaves.

When plants bolt (i.e. go to seed), harvest the flowers and seedpods for salads too. Mustards will benefit from some shading during warm weather. They prefer well-drained, fertile soil high in organic matter, pH 6.0 to 7.5. Can tolerate slightly alkaline soil. Needs plentiful, consistent moisture. Mustard and mustard greens can be grown most of the year round, except during the very coldest periods of mid-winter and the very hottest periods of mid-summer.

Sow seeds 0.5 to 1 cm deep, 3 cm apart in rows 15 to 20 cm apart. Thin to 15 cm spacing's for smaller varieties or up to 45 cm for large ones. Plant every 2 weeks for continuous harvests. Some plantings may bolt quickly in response to increasing temperatures and day length. High temperatures and lack of moisture increase the peppery taste.

Growing:

Use floating row covers to help protect from early insect infestations. To help reduce disease, do not plant mustards or other cole crops in the same location more than once every three or four years.

Harvesting:

The leaves and leaf stalks are eaten. The seeds can be ground and used as a condiment. Pick off individual leaves as they grow, or cut the entire plant at ground level. Harvest when the leaves are young and tender; in summer, the texture may become tough and the flavour strong. Harvest the entire crop when some of the plants start to go to seed.