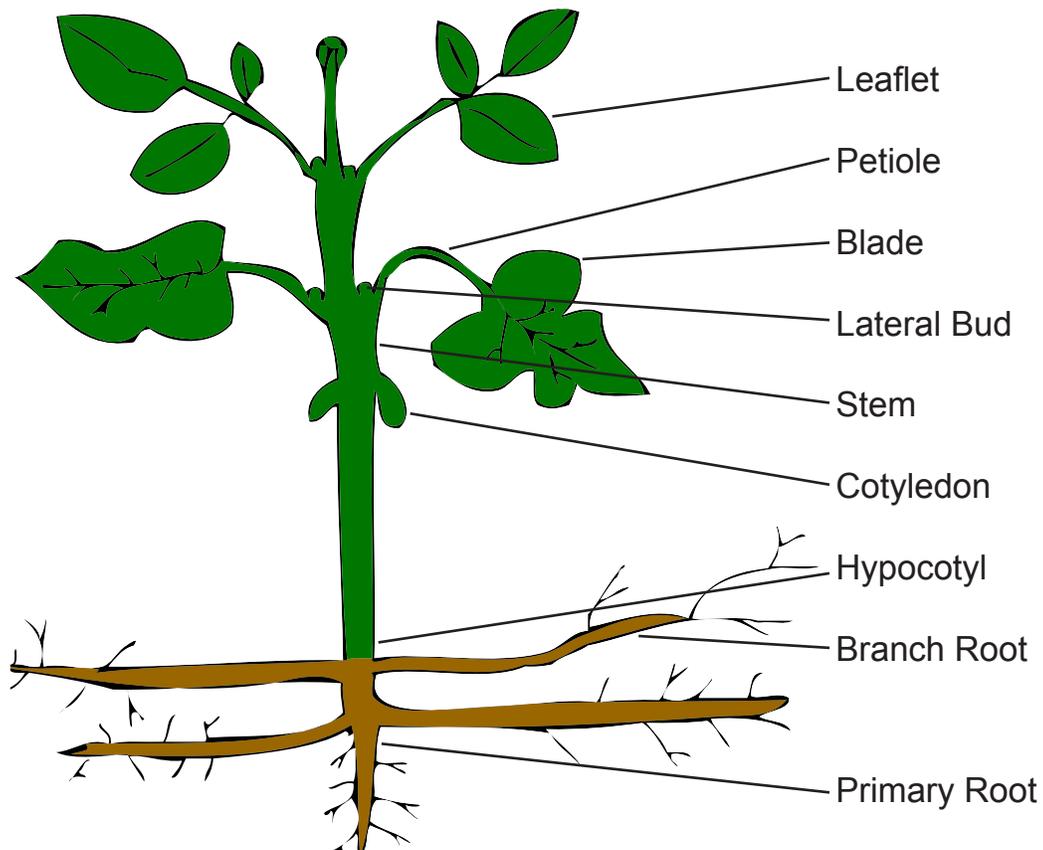




Harvest of the Month

Cooked Greens



Source: <http://library.thinkquest.org/3715>



Harvest of the Month

How Do Cooking Greens Grow?

Cooking greens are generally known as cool-season crops but can be grown and harvested almost all-year round. They are most commonly used as fall and winter vegetables, as they grow best in cooler temperatures and can survive an occasional frost. Some varieties, like kale and collards, become sweeter in taste after a frost. These varieties, along with Swiss chard, can also grow well in warmer, more humid climates and in poor soil. Well-drained loam soil is ideal for most leafy green varieties.

Bok Choy:

What is the best soil?	Well-drained fertile soil high in organic matter; pH level of 6.0-7.5
When is the best time to grow?	Spring and fall; frost and heat-sensitive
What is optimal growing temperature?	50-80 degrees F
When and how much water is needed?	Plentiful and consistent moisture
How much sunlight or shade?	Full sun or partial shade (for summer crops)
What depth to plant seeds?	¼ - to ½-inch deep
How to plant seeds?	1 inch apart
What distance between plants?	6-12 inches
What distance between rows?	18-30 inches
How long for seeds to germinate?	4-10 days
How long to grow transplant?*	4-6 weeks
How long to harvest?	40-60 days
What is plant's size at harvest?	1-2 feet tall, 12-18 inches wide

*Helpful Hint: Transplants are preferred to seed.



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Collard Greens:

What is the best soil?	Well-drained loam soil, high in organic matter (e.g., enriched with rotten manure); pH level between 5.5-6.5
What is optimal growing temperature?	60-65 F; will withstand heat (up to 100 degrees) and cold (to 15 degrees F)
When and how much water is needed?	Maintain uniform soil moisture; lighter soils need to be watered more frequently, but with less water during each watering.
What depth to plant seeds?	¼-inch
How many seeds to sow (per foot)?	10-12 seeds
What distance between plants?	10-15 inches
What distance between rows?	24-30 inches
How long for seeds to germinate?	4-10 days
How long to grow transplant?*	4-6 weeks
How long to harvest?	60-80 days
What is plant's size at harvest?	30 cm tall

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Kale:

What is the best soil?	Well-drained loam soil, high in organic matter; pH level of 5.5-6.5
What is optimal growing temperature?	Cool weather (fall and winter)
When and how much water is needed?	Maintain uniform soil moisture; lighter soils need to be watered more frequently, but with less water during each watering
What depth to plant seeds?	½-inch
How many seeds to sow (per foot)?	8-12 seeds
What distance between plants?	8-12 inches
What distance between rows?	18-24 inches
How long for seeds to germinate?	3-10 days
How long to grow transplant?	4-6 weeks
How long to harvest?	55-80 days
When to harvest?	Before leaves become old, tough, and woody



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Kohlrabi:

What is the best soil?	Well-drained, high organic matter; pH level between 6.0-7.0
What is optimal growing temperature?	50-70 degrees F, full sun
When and how much water is needed?	Average water, enough to keep soil moist
What depth to plant seeds?	1-2 inches
How many seeds to sow (per foot)?	8-12 seeds
What distance between plants?	8-12 inches
What distance between rows?	18-24 inches
How long for seeds to germinate?	3-10 days
How long to grow transplant?	4-6 weeks
How long to harvest?	60-70 days
When to harvest?	When plant's size reaches 2-2½ inches (in diameter)



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Swiss chard:

What is the best soil?	Most soils; best with compost, manure, and fertilizers
What is optimal growing temperature?	Cool and warm-weather temperatures; will tolerate to 28 degrees F
When and how much water is needed?	Moderate; enough water to keep soil moist
What depth to plant seeds?	½- to ¾-inch
How many seeds to sow (per foot)?	8-10 seeds
What distance between plants?	9-12 inches
What distance between rows?	36-48 inches
How long to harvest?	40-60 days
When to harvest?	Plant is about 8-12 inches long

For more information, visit:

www.cfaitc.org/GardenGuide/pdf/GardenGuidePart3.pdf

www.gardening.cornell.edu/homegardening/scene0bdf.html

www.urbanext.uiuc.edu/firstgarden/planning/dictionary/veggies/kohlrabi.html

www.urbanext.uiuc.edu/firstgarden/planning/dictionary/veggies/collards.html

www.oregonstate.edu/Dept/NWREC/kohlrabi.html

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<http://extension.unh.edu/Pubs/HGPubs/growcole.pdf>

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<http://urbanext.illinois.edu/veggies/chard1.html>