



Grow a Salad for Dinner

If you have like I do. I use large terra cotta Plant seeds ¼ to ½ inch deep
 been thinking pots and Earth boxes for all my about 4 inches apart for leaf
 about trying vegetables. If you garden in lettuce and 6 to 8 inches apart for
 your hand (or green thumbs) containers, use a soil-less potting romaine lettuce. Because lettuce
 at growing your own vegetables, mix and choose a container at is shallow rooted, frequent light
 why not start by growing the least 10" across - but bigger is watering is best.
 ingredients for a delicious salad? better.

Once you've tasted a salad you Leaf lettuce can be harvested as
 have made from freshly picked Grow these vegetables and soon as it is large enough to use.
 vegetables you will never be harvest a mouth-watering salad Harvest romaine lettuce when it
 satisfied with the produce at the for dinner. forms a long, medium-dense
 grocery store again. head.

Arugula

While we have to wait until after Arugula is grown for its leaves **Spinach**
 Mother's Day to plant many high in potassium and vitamin C. Spinach leaves are high in iron,
 vegetables, there are several Its flavor may be too strong to be beta carotene and folic acid. It is
 varieties that thrive in cool spring eaten alone, but it adds flavor to also rich in vitamins A and C.
 weather. salad mixes.

Get Ready to Plant

Plant seeds ½ to 1 inch deep 4 inches apart and keep spinach
 If you are planting in the ground, about 4 inches apart. Plant a plants well watered. If new
 make sure the soil is dry enough small amount of seeds every 7 growth on plants is light green,
 to be worked. Grab a handful of days as long as plants have time feed plants with a fertilizer high in
 soil and gently squeeze it in your to mature before hot weather - nitrogen.
 hand. If the soil crumbles when each planting has a short window
 you open your hand, it is ready to of harvesting for the best flavor. Harvest spinach whenever leaves
 plant; if it stays in a tight ball, wait are large enough to use. Best
 for a few days and try again. Harvest only young leaves flavor is on young leaves.
 because a bitter flavor develops

Before planting, loosen the soil in older leaves.

with a rototiller or a garden fork.

It is difficult for sprouts to push **Lettuce**

Leaf and romaine lettuces are Carrots are grown for their roots
 through large clods so make sure probably the most often-grown that are extremely rich in beta
 the top couple inches of soil is lettuces in home gardens for carotene. We are most familiar
 fine-textured. salads. white, yellow and even purple
 varieties. They are also available

Or plant vegetables in containers in a wide range of sizes from long

and slender to small and round. To produce salad onions, plant sets 1" deep and close enough and 2 to 4 inches apart. Plant seeds ¼ to ½ inch deep

Plant seeds ¼ to ½ inch deep and 6 inches apart. Seeds may take up to 2 weeks to germinate and seedlings may not appear at the same time. They will be harvested before crowding becomes a problem. Radishes are ready to harvest before they are 1 inch in diameter. They are best eaten when they are young – radishes get spongy and hot as they mature.

Depending on the variety, carrots can be harvested when their roots are at least ½ to ¾ inch in diameter. They will become stronger in flavor as they grow and mature. Grow all these vegetables and you will be able to create a delicious, nutritious salad.

Onions
Grow onions from seeds, sets, or small bulbs less than 1" in diameter – to produce salad onions within 30 days of planting. Onions have shallow roots so they can't compete with weeds. Radishes are grown for their swollen roots – either long and cylindrical or small and round. Most are white or red, but Easter Egg radishes can be purple, lavender or pink. Radishes are great vegetables to grow with children. They are not only easy to grow, but also mature very quickly. Unfortunately, tomatoes and cucumbers are warm-weather vegetables so you'll have to wait to plant these until all danger of frost has passed.