



Mustard

Brassicaceae Spp.

Nutrition Facts

- Mustard greens are full of Vitamin C
- One serving of fresh mustard greens provides almost double the recommended daily value of Vitamin A.
- Mustard greens help prevent common diseases such as heart disease and breast cancer.
- Steamed mustard greens can help lower cholesterol.

Planting

Plant 3/15-5/1 or 8/1-8/30
(Guidelines for planting in raised beds)

Seeds: Sow seeds in rows 2-3" apart.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist, so that the seeds will germinate. Thin the plants so that they stand 6-10" apart in each row.

Young seedlings: Water when top 1 inch of soil dries out. Mulch plants with cotton burr compost or straw.

Harvest & Storage

Once plants reach 4 inches tall, harvest the leaves by cutting them from the outer part of the plant first. Leave the inner stocks to grow more leaves. Mustard will go to seed, or bolt, when the temperatures heat up in mid-June. Store mustard in the refrigerator for up to a week.

Do not wash the greens until right before you are going to eat it.

Recipe

Wash all vegetables before using

Kickin' Southwest Salad

1 pound spinach leaves
1/2 pound mustard greens
1 bell pepper
1 tomato
1 cooked corn cob
1/2 can black beans, drained and rinsed

Combine washed spinach leaves and mustard greens into a large bowl. Dice the tomato and bell pepper. Cut off the corn from the cob and mix in. Add the black beans and toss all ingredients together. Top with your favorite dressing and enjoy!



KCCG
KANSAS CITY COMMUNITY GARDENS

KCCG Headquarters
6917 Kensington Ave
Kansas City, MO 64132

www.kccg.org
816-931-3877