MUSTARD GREENS

Mustard greens are a cool-season crop. They mature quickly and are easy to grow. Although cooking greens is popular in the South, many people recognize their high nutritional value, and they are becoming more popular for use in light cooking and stir frying.

Varieties

Green Wave, Tendergreen, and Southern Giant Curled are common varieties.

When to plant

Mustard is normally direct seeded in early April or can be direct seeded in early August for a fall crop. Fall is a preferred season for growing greens because of the long, cool harvest season.

Spacing

Seeds should be planted ½ inch deep and plants thinned to a plant every 2-4 inches. Rows may be as close as 15 inches apart, or you can plant mustard in a wide row by scattering seeds in a band 5-6 inches wide.

Care

Mustard requires water during dry periods to keep the tender foliage from becoming limp. Mustard that produces a large plant too early may bolt or produce a seedstalk with bright yellow flowers instead of producing only foliage. Once seedstalk development starts, leaves should be quickly harvested and used.

Harvesting

Cut the leaves when they are young and tender. You can cut the entire plant or individual leaves to allow the plant to continue to grow and produce more leaves. Leaves harvested in hot weather will be strong flavored and tough. Store leaves in a plastic bag in a refrigerator for 2-3 weeks.

Common concerns

Aphids

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended, nor is criticism implied of similar products not mentioned.
“Knowledge for Life”
Kansas State University Agricultural Experiment Station and Cooperative Extension Service