



## ***10-Minute University™***

*Oregon Master Gardener™ Association – Clackamas County Chapter  
In Cooperation with Oregon State University Extension Service*



# **Growing Lettuce & Other Greens**

## **Benefits of growing your own**

- Fast: short growing season (check range of days to maturity)
- Low cultural requirements: shallow roots, tolerate some shade (check length of daylight needed), thrive in small areas, can use containers
- Economical: loose leaf mixes can be expensive
- Ornamental: attractive foliage

## **Types of Leafy Vegetables**

- Loose leaf lettuce:  
Oak Leaf, Red Sails, Salad Bowl
- Loose heads:  
Buttercrunch, Bibb, Boston
- Tall upright heads:  
Romaine, Cos
- Crisphead or Iceberg lettuce:  
More specific
- Spinach:  
Asian – cool season or broadleaf  
New Zealand -- warm season

## **Other greens with similar cultural needs**

- Arugula: adds a pleasant nutty flavor
- Mustard: provides mild spice
- Bok Choy: best used in stir-fry
- Swiss Chard and Kale: sturdy, cold-hardy plants; cook to serve

### **When to Plant**

- Minimum soil temperature should be 50°.
- Leafy greens grow best at 55°-60°; colder weather will merely slow growth.
- Plant early spring through early summer; late summer for fall harvest.
- Hot weather causes greens to bolt or set seed which can cause leaves to become coarse and bitter. Look for slow-bolt or long-standing varieties.

### **How to Plant**

- Direct sow: remove all weeds, amend soil if needed, level bed, sprinkle lightly with seed, cover seeds with ¼" soil; thin plants to avoid overcrowding.
- Transplants: choose vigorous plants, soak well in pots to ensure thoroughly watered, loosen roots, plant in ground or container.

### **Cultural Considerations**

- Greens are adaptable to various soil types.
- Can be heavy feeders; apply ammonium sulfate at planting time and again in 3-4 weeks.
- Vegetables require approximately 1" of water per week; water greens frequently.

### **How to Harvest**

- Snip entire plant at ground level.
- Pinch off lower leaves allowing plant to continue to produce more leaves.
- Best to harvest in early morning before leaves begin to wilt.

### **OSU Extension Service resources**

Visit your OSU Extension Service office at 200 Warner-Milne Road, Oregon City, for these publications, or get them online at <http://extension.oregonstate.edu/catalog/html/ec>

*Grow your own lettuce, spinach, and Swiss chard* EC 1268

*Planning and preparing your vegetable garden site* EC 1228

*Raised bed gardening* FS 270

*Gardening with composts, mulches, and row covers* EC 1247

### **For Master Gardener™ advice**

- Call Home Horticulture Helpline: 503-655-8631 (Clackamas Co), 503-725-2300 (Washington Co), 503-445-4608 (Multnomah County)
- Visit Clackamas Chapter Master Gardeners website [www.clackamascountymastergardeners.org](http://www.clackamascountymastergardeners.org) for 10-Minute University™ handouts
- Look for Master Gardeners at area Farmer's Market