

## GROW YOUR OWN

# SALAD GARDEN

**JOHN PORTER**

**WVU KANAWHA COUNTY EXTENSION AGENT**

Fresh, green salads are great when they come fresh from the garden. All of the great vegetables found in salads are very easy to grow. This garden works especially well when grown in the spring (March) or fall (September) because the leafy greens and root vegetables like cool weather.

## GETTING STARTED

1. Select a container that will hold all of the plants that you will be growing. Make sure that is deep enough to let all of the roots grow. A clean recycled 5-gallon bucket or foam cooler works well. Make sure that the container is clean before you begin.
2. Make sure that your container has holes in the bottom. If it is a recycled container, you will need an adult to help drill or cut drainage holes in the bottom of the container.
3. Make sure to moisten the potting soil with a little water to make it easier once it is in the pot.
4. Fill the container with enough soil to reach to about 1 inch below the top of the container.

## PLANTING THE GARDEN

1. Carefully sow the seeds of the plants you selected on top of the soil. Seeds should be buried about  $\frac{1}{2}$  below the soil, but no more. You can also use transplants of lettuce or spinach in your garden, but should use seeds for the root crops. You can use seeds or bulb “sets” for your onions.
2. If using plants, make a hole in the potting soil big enough for the root and soil to fit in and be covered by the potting soil.
3. Water the plants well to make sure they feel welcomed in their new homes.

## WHAT YOU WILL NEED

- ♻️ A large pot, bucket or any other recycled container with holes drilled in the bottom.
- ♻️ Enough potting soil to fill the container
- ♻️ Seeds or seedlings for a few of your favorite plants from the following:
  - 🌻 Lettuce
  - 🌻 Spinach
  - 🌻 Radishes
  - 🌻 Carrots
  - 🌻 Beets
  - 🌻 Onions
- ♻️ A location for your garden
  - 🌻 Spring and Fall – bright and sunny
  - 🌻 Summer – cool and shady





## BUTTERMILK GARLIC DRESSING

Toss together fresh veggies from your salad garden and serve with tasty homemade dressing.

### INGREDIENTS

- 1-2 medium garlic cloves
- 4 tablespoons minced green onions
- 3 tablespoons white wine vinegar
- ½ cup buttermilk
- 1<sup>⁄</sup> cup fat-free sour cream
- Large pinch of sugar
- ½ cup olive oil

### INSTRUCTIONS

1. Mince garlic; mash to a paste with fork or back of knife.
2. Whisk garlic, green onion, vinegar, buttermilk, sour cream, and sugar in bowl.
3. Gradually whisk in the olive oil.
4. Season with salt and pepper to taste.

2 Tbsp. per serving (Makes 24 servings)

### NUTRITION

#### INFORMATION:

- Calories: 83
- Carbohydrate: 2 gm
- Fiber: 0 gm
- Fat: 8 gm
- Protein: 2 gm
- Cholesterol: 0 mg
- Sodium: 44 mg

## CARING FOR THE GARDEN

1. Keep the garden in a location that receives between 6 and 8 hours of full sun each day.
2. Make sure that the garden is watered. The soil should dry out slightly at the top before you water again. Check the soil every day. You will probably need to water a few times per week.
3. Keep an eye out for insects and other problems. If insects start eating your plants, you can remove them. Remove parts as they turn brown or yellow.

## HARVESTING YOUR INGREDIENTS

1. Remove only the outer leaves of the lettuce and spinach. If you leave the plants in place, new leaves will grow back.
2. Pull root crops like carrots and radishes up from the soil. You can pull them up when they are young for baby carrots and radishes or let them get big.
3. Snip the tops of onions to use as green onions in salads. You can let the plant stay in the soil and let the bulb get big for sliced onions.

## TRY SOMETHING DIFFERENT

- 🌻 In the summer if your garden needs shade, plant a tomato in the middle of your garden. As it grows tall, it will shade the rest of the garden.
- 🌻 Try interesting varieties of vegetables. Lettuce comes in all shapes and sizes. There are even black radishes and purple carrots.

