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.

Playing the Garden

1. Carefully sow the seeds of the plants you selected on top of the soil. Seeds should be buried about ½ 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.
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
⅓ 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

一邊 在夏天如果你的花园需要阴凉，可以在花园的中间种一株番茄。随着它长得更高，它会为花园的其余部分遮荫。

尝试种植各种有趣的新品种蔬菜。生菜有各种形状和大小。甚至有黑色的萝卜和紫色的胡萝卜。