

Start Your Own Salad Garden

NO SPACE. NO PROBLEM. HERE'S HOW TO GROW YOUR OWN SALAD

Salad at the grocery store can be pricey, it usually travels a long distance, and spoils easily making it a costly expense when you're trying to eat healthy. Having access to fresh greens is a great way to make healthier food choices, but you don't want to break the bank buying greens that are just going to wilt in your fridge. That is why you should start growing your own. There are a variety of plants you can grow in small spaces even containers that will give you access to fresh salad greens whenever you want at a fraction of the cost.



Growing your own salad at home is easy to do. There are many plants to choose from that will give you a nice variety to be able to create your own mixed salads whenever you want. Some of these plants can even be grown year around making it easier to reduce your grocery expenses, while having access to fresh nutrient rich greens at home. The best part is you can create a food supply that is pesticide-free, locally grown, and I'll teach you how to eventually make this completely FREE after the initial investment.

Once you know how to grow your own greens at home you can begin enjoying your own fresh salad with a variety of produce that can be grown in small spaces making it an ideal project for starting your gardening journey and learning how to grow your own food at home. Growing your own food is a great step towards creating a



more sustainable food system that allows you to have access to organic fresh ingredients that are nutrient rich and locally grown, so local it comes straight from your backyard.

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WHAT TO GROW & WHEN

Starting your own salad garden all begins with choosing the right seeds. For the best results, you want to invest in fast growing beginner friendly plant varieties that will be easy to harvest. Also consider what greens you enjoy eating because there is no point in growing produce that you don't actually like to eat. Most greens prefer cool temperatures making them ideal to grow in the Spring and Fall, but with a few helpful tips I'll teach you how to have fresh salad available all year long.



Many salad varieties can be sown directly into a container, a raised bed, or in the ground with loose soil in early Spring and going into Fall when the temperatures are cooler, but you can still grow fresh salad in the Summer by giving it partial shade conditions and you can even continue enjoying fresh salad into the Winter by creating a small green house for your salad greens this way you can have access to your favorite salad mix all year. With these simple tips you can cut your grocery costs, enjoy nutrient rich greens, and reduce your carbon footprint by simply growing your own salad garden.

START YOUR OWN SALAD GARDEN

GROW YOUR OWN SALAD GARDEN

Growing your own food is easy when you know what and how to grow. Start saving money on your groceries by growing your own simple salad garden, so that you can have access to fresh greens daily. Starting your own salad garden is the perfect way to begin your gardening journey with easy to grow plants that will give you plenty of greens for preparing fresh salads at home.



Easy Lettuce Varieties To Grow:

- Red Ruby
- Bibb Lettuce
- Oakleaf
- Buttercrunch
- Prizehead
- Bronze Mignonette
- Grand Rapids
- Black Seeded Simpson



Knowing that salad greens thrive in cooler conditions simply plan to have your salad garden placed in a location that will allow full sun in cooler temps, partial shade during the warmer months, and protection from frost in the Winter. With this understanding you can have fresh salad to enjoy any time you want. Another important consideration is succession planting. This is simply reseeding new greens throughout the season that way you can continually harvest fresh salads from your backyard. If you're new to gardening, starting with loose leaf varieties is the easiest way to begin harvesting your own fresh lettuce at home. To retain a crisp bite in your lettuce allows harvest in the morning and use a salad spinner after washing to dry your lettuce.

HOW TO HAVE SALAD FOR FREE

Yes there are costs to starting your own salad garden, but once you have made the initial investment you can learn how to continue gardening yearly for FREE. The first thing you want to do is invest in the right type of seeds. Always invest in Heirloom Non-GMO seeds. These will allow you to be able to save hundreds of seeds from your plants. With loose leaf lettuce varieties you want to harvest young tender leaves as they develop this allows you to continually harvest from your lettuce until it bolts, which basically means it is going to flower. These flowers will then dry out and you'll be able to collect hundreds of seeds from just one plant. So, if you want to be able to continue harvesting fresh lettuce at no extra cost allow a few of your plants to go to seed that way you can save the seeds for future plantings creating a closed loop sustainable system in your garden that can give you fresh greens all year long. Now that's a garden win!





CONTAINER SALAD GARDEN

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Growing lettuce is easy to do and most can be grown in containers because they have a shallow root system making them an ideal container garden plant to grow. To create a beautiful salad mix blend a variety of loose leaf lettuce seeds sprinkling them lightly in your container or raised bed to create a beautiful salad garden. If you're new to gardening I recommend sticking with loose leaf varieties because they don't require a lot of space, are easy to harvest, you can continually pick fresh leaves throughout the season, and the best part is you can save the seeds to for future plantings. Some of my favorite varieties include Bibb, Oakleaf, Red Ruby, and Buttercrunch.

Planting salad is very easy to do, especially if you're growing loose leaf varieties. Just gently loosen the soil and moisten it then scatter the seeds over top. You can cover them with a thin layer of soil or mulch to help keep the seeds in place. In just a few days, your sprouts will appear. To care for your salad greens allow for proper ventilation, thin plants if needed, and make sure to keep your soil moist. Having a thin layer of mulch can help retain soil moisture making it easier to have a successful germination.

To care for your new plants water gently and regularly to maintain soil moisture in your containers. Also be sure to check your plants often for any signs of pests. Growing under a mesh netting or in a greenhouse is an easy way to help prevent pest issues organically.

Harvesting Loose Leaf Lettuce

Harvesting loose leaf lettuce is one of the easiest things to do. To get repeated harvests throughout the season pick smaller outer leaves as they emerge. Harvesting young tender leaves is going to give you that fresh crisp bite, while larger leaves become more fibrous and bitter. By harvesting just the outer leaves you'll be able to get multiple harvests from just one plant.



This is the easiest way to have access to a ton of fresh greens. Also you can succession plant to continue growing new plants throughout the season that way when your first batch bolts and goes to seed you have another harvest that is ready to go. Growing like this allows you to have a continuous supply of fresh greens. To extend your harvest even more, consider growing lettuce in a green house or using frost protection to keep your plants growing year around. Remember, lettuce is a cool season plant and can take colder temperatures, but using a greenhouse or something similar can extend your salad harvest even more meaning you'll never have to buy lettuce again. And the best part is that you can also seed save if you have an heirloom variety by allowing a couple plants to bolt going to seed then collecting the seeds once the flowers have dried out completely.

Fresh Access and Free Seeds

Imagine that having access to fresh greens that are organic and crisp plus never having to invest in new seeds by buying only heirloom non-gmo seeds. I call that a huge win, so if you're new to gardening looking for a first project I highly recommend growing your own fresh salad greens. There are a wide variety of plants to choose from that germinate easily giving you multiple harvests from just a single plant.