

GROW YOUR OWN SALAD GARDEN



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. A back yard garden area is a great site for your salad garden. Make sure you have loose and well-drained soil and that the garden is located where it will receive at least 6-8 hours of sun. If you have limited space, select one large or several smaller containers for the plants that you will be growing. Make sure that they are deep enough to let all of the roots grow. A clean recycled 5-gallon bucket is ideal for large plants like tomatoes. Clean the container thoroughly before you begin.
2. Make sure that your container has holes in the bottom. If it doesn't, you must drill or cut drainage holes in the bottom of the container. Young gardeners should seek help from an adult.
3. Fill the container with enough soil to reach to about 1 inch below the top of the container.
4. Moisten the potting soil with a little water to make it easier to work once it is in the pot. It takes time for dry soil to get wet.

Planting Your Garden

1. Carefully sow seeds according to seed packet directions. Small seeds are often planted on top of soil. 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 soil big enough for the root. Backfill making sure not to plant too deeply.
3. Water the plants well to make sure they feel welcomed in their new homes and settle soil around their roots.

WHAT YOU WILL NEED

- ☼ A garden or large container at least 5 gallons in size 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



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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
- $\frac{1}{2}$ cup buttermilk
- $\frac{1}{3}$ cup fat-free sour cream
- Large pinch of sugar
- $\frac{1}{2}$ 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 Your Garden

1. Keep your containers in a location that receives between 6 and 8 hours of full sun each day.
2. Make sure that the garden is watered. For containers, check the soil every day. The soil should dry out slightly before you water again. 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, get assistance for proper identification and best control measure.

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 to get a large bulb for sliced onions.

Try Something Different

- ☼ If your garden gets too much sun in the summer, plant a tomato in the middle of your garden. As it grows tall, it will shade other vegetables.
- ☼ Try interesting varieties of vegetables. Lettuce comes in all shapes and sizes. There are even black radishes and purple carrots.

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