

Mustard Greens

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Planting

- Plant from early March to late May or from late July to early September. Summer plantings will bolt and produce seeds, affecting flavor.
- Plant seeds at a depth of $\frac{1}{4}$ - $\frac{1}{2}$ inches
- Plants should be spaced 3 inches apart.
- Stagger plantings to ensure a continuous harvest.



Care and Harvest

- Provide 1 inch of water a week, including rain.
- Mustard greens are ready to harvest 35-60 days after planting, when leaves reach the desired size. Baby mustard greens can be ready for harvest 20-30 days after planting.
- Baby mustard can be cut when the entire plant reaches 3-6 inches tall. Full size varieties will reach 12-18 inches tall.
- Mustard can be cut and allowed to regrow for up to 4 harvests. Plants can regenerate in 2 weeks or less and will get taller with each regrowth. Harvest close to the bottom of the leaf, leaving most of the stem.
- If the mustard bolts and goes to seed, the seed can be collected and used in pickling or other recipes. Collect seed pods when they are brown, break them open and separate out the seeds.



Storage and Use

- Can be cooked or used raw. Smaller leaves are good in salads, while larger leaves are better cooked.
- Can be stored in the refrigerator for 1 to 2 weeks.

References

- Blacklin, S. 2008. Mustard Greens Pesto on Pasta with Shiitake Mushrooms and Smoked Mozzarella. Accessed 9 Sept 2018. <https://www.bonappetit.com/recipe/mustard-greens-pesto-on-pasta-with-shiitake-mushrooms-and-smoked-mozzarella>
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RECIPE: MUSTARD GREEN PESTO

½ cup plus 1/3 cup olive oil
1/4 cup pecans
2 garlic cloves, peeled, quartered

Blend ½ cup oil, pecans and garlic in processor until finely chopped. Add:

2 tablespoons balsamic vinegar
1/4 cup grated parmesan cheese

Blend and add:

3 cups (loosely packed) coarsely chopped mustard greens and remaining 1/3 cup oil alternately in 2 additions each.

Puree until almost smooth. Season with salt and pepper.

Can be made ahead and stored in the refrigerator. If stored, let stand 1 hour before using.

Serving suggestions: Serve over favorite pasta. Can be eaten with sautéed mushrooms and onions, and cut, fresh tomatoes. Garnish with cheese before serving.

