

Mustard

Suggested species: *Sinapsis alba* (botanical name)

Green Manures

PLANT



Sow seeds at 5g/m² by scattering on soil surface; rake and tamp down. Can sow in 15cm apart rows. Grow in same area (rotation) as other brassica plants (eg cabbage). Fertile soil best

GROW



Grows very quickly. Suppresses weeds. Stops nutrients leaching from soil between harvests in warmer months. May not do well in very hot weather

DIG



Cut down or hoe off leaves as flower buds form or two to four weeks before soil needed (whichever sooner). Dig in whole plants. Can leave overwinter. Frost may kill plants

Growing guide

Easy!

Average growing period

4-8 weeks, may overwinter

Equipment needed

None

Germination time

7-12 days

Average plant size

Up to 60cm tall, 20cm wide

Family group

Brassica: cabbage, broccoli

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Not eaten

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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