

How to Grow "Greens" – Bok Choy and Collards

Cruciferous vegetables (vegetables from the Cabbage or Mustard family) are cool season crops and grow best in fall, winter and early spring. Seeds can be started indoors or directly sown in the garden. They begin to germinate in 5 to 10 days.

They are a fast-maturing vegetable (which means they grow quickly) and are ready to harvest 6 to 7 weeks after sowing. It is best to harvest by hand in the morning (or in cool weather) to prevent their leaves from wilting.

Supplies

Paper or plastic containers* or cups

Soil

Bok Choy and/or Collard seeds

*small yogurt cups are an excellent reusable container choice, just be sure clean with soap and water first and to poke 3-4 holes on the bottom to allow for draining.

Instructions

1. Fill each container with soil.
2. Label one container "Bok Choy" and the other "Collards".
3. Dig a hole about ½ inch deep (eraser end of a pencil). This is the ideal depth for most cruciferous vegetable seeds as they often are very small.
4. Add a couple of seeds in each container.
5. Cover hole with soil.
6. Add water and set on plate to allow excess water to drain out.
7. Place in a sunny window. Keep soil moist, but do not overwater.
8. As a class, observe the growth of the greens and record their progress on the "Growing Greens- Seed Growing Chart". For example, the first sketch should be Day 1- Showing the seed in the cup. The second sketch should be the first sprout, etc. Be sure to do a separate one for Bok Choy and another for Collards so the class can compare their growth- Which one sprouted first? Which one started to leaf first? Which is taller? etc.
9. When about 3-4 inches tall, transplant into the garden or a larger container.