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virginia home food production



COOKING GREENS DEPARTMENT OF HORTICULTURE

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MH 408

ENVIRONMENTAL PREFERENCES

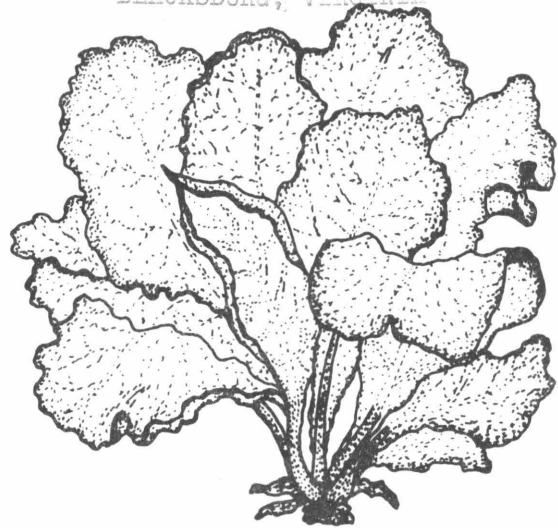
LIGHT: sunny, tolerates partial shade

SOIL: well-drained

FERTILITY: rich

TEMPERATURES: cool (60-70°F)
Mustard greens and some Chinese cabbage bolt quickly in summer

MOISTURE: average



CULTURE

PLANTING: seed from early spring to early summer or in late summer. Kale, Collards and Chinese Cabbage can be grown as transplants

SPACING: Collards 18-24" x 24-36"
Kale 10-18" x 18-36"
Mustard 4-6" x 18-30"
Chinese Cabbage 12-24" x 18-30"
Chard 6-12" x 18-30"

HARDINESS: Kale, Chard and Collards are hardy biennials.

FERTILIZER NEEDS: medium, side-dress when plants are about one-third grown (4-6 inches) (1½ oz. (33-0-0) per 10 ft. row)

CULTURAL PRACTICES:

Most greens prefer cool weather of spring and fall. Kale, Collards, and Chard are tolerant of hot summer weather. Rapid, succulent growth is desirable, so supply ample moisture and fertilization. Spacing will vary, depending on type of greens and variety. For example, kale can be tall or short, highly curled or plain leaved; blue-green, yellow green, or red. Chinese cabbage has heading or upright varieties.

Most greens are frost tolerant, and may taste better after cold weather sets in. In many areas in Virginia, kale and collards will grow all through the winter if slightly protected.

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COMMON PROBLEMS

DISEASES: Blackleg and black rot, clubroot, yellows

INSECTS: Flea beetles, cutworms, cabbage root maggot and fly, Imported Cabbage worms, Cabbage looper worms, aphids, harlequin bugs

CULTURAL: Bolting (too much heat, planting too early, growth stress due to drought)

NUTRITIONAL VALUE

Chinese cabbage, cooked - 1 cup

% U.S. RDA:

Grams	Calories	Vitamin A	Vitamin C
170	25	110	40
Calcium	Iron	Thiamin	Riboflavin
25	6	15	20

Collards, cooked - 1 cup

% U.S. RDA:

Grams	Calories	Vitamin A	Vitamin C
190	60	300	240
Calcium	Iron	Thiamin	Riboflavin
35	8		

Kale, cooked - 1 cup

% U.S. RDA:

Grams	Calories	Vitamin A	Vitamin C
110	45	180	170
Calcium	Iron	Thiamin	Riboflavin
20	10		10

Mustard Greens, cooked - 1 cup

% U.S. RDA:

Grams	Calories	Vitamin A	Vitamin C
140	30	160	110
Calcium	Iron	Thiamin	Riboflavin
20	15		10

Swiss Chard, cooked - 1 cup

% U.S. RDA:

Grams	Calories	Vitamin A	Vitamin C
175	30	190	145
Calcium	Iron	Thiamin	Riboflavin
15	15		10

HARVESTING AND STORAGE

DAYS TO MATURITY: 45 - 80

HARVEST: All green parts are edible, and may be harvested at any time. Seed can be sown somewhat thickly and the thinnings may be good in salads. Mustard, Kale, Collards, and Swiss Chard may have their larger leaves harvested. New leaves will provide a continuous harvest until leaves become tough or flavor strong. Chinese cabbage should be harvested as a mature plant 15-18" tall.

APPROXIMATE YIELDS: (per 10 foot row)

Collards: 8-10 lbs.

Chard: 8-10 lbs.

Kale: 3-6 lbs.

Chinese Cabbage: 8-28 lbs.

Mustard: 3-6 lbs.

AMOUNT TO RAISE PER PERSON: All cooking greens 5-20 lbs.

STORAGE: Cool (32°F), moist (95% RH) conditions; 10-14 days

PRESERVATION: Cool, moist storage best (may be canned).