

Family  
**Vegetable  
Garden**  
series

EXTENSION BULLETIN E-824 (10)

# Salad Stuff

by Roberta Lawrence, Washtenaw Co. Ext. Hort. Agent  
and J. Lee Taylor, Dept. of Horticulture



## GREAT FOR THAT WAISTLINE!

Salads are made from all kinds of stuff, but most start with lettuce or other crisp, leafy vegetables. Leafy vegetables are usually low in calories, refreshing, and so good for you!

## RECOMMENDED VARIETIES

### CRISPEHEAD LETTUCE

Ithaca  
Great Lakes

### ENDIVE (curly leaves)

Salad King  
Green Curled

### BUTTERHEAD LETTUCE

Summer Bibb  
Buttercrunch

### ESCAROLE

Full Heart Batavian  
Florida Deep Heart

### LEAF LETTUCE

Ruby (red)  
Salad Bowl

### CELERY CABBAGE (chinese cabbage)

Michihli  
Early Hybrid G.

### COS or ROMAINE LETTUCE

Parris Island Cos

### SPINACH

America  
Viking

## KEEP COOL!

Most salad stuff grows best in cool weather. Plant it as soon as you can dig the soil in spring. For fall salads, plant some in partial shade in late July. In hot, summer sun, lettuce wilts, gets bitter, and worse - it produces tall seed stalks instead of crisp leaves.



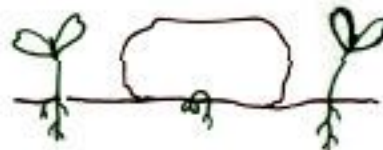
AND GUESS WHAT'S FOR DESSERT!



HOW MUCH LETTUCE CAN YOU EAT AT ONCE?

Once you pick it, salad stuff wilts. If you don't pick it, it gets bitter. So, in the spring, plant as much as your family can use in 10 days. Then every 10 days until the end of May, plant that much again. Plant more in late July for fall use.

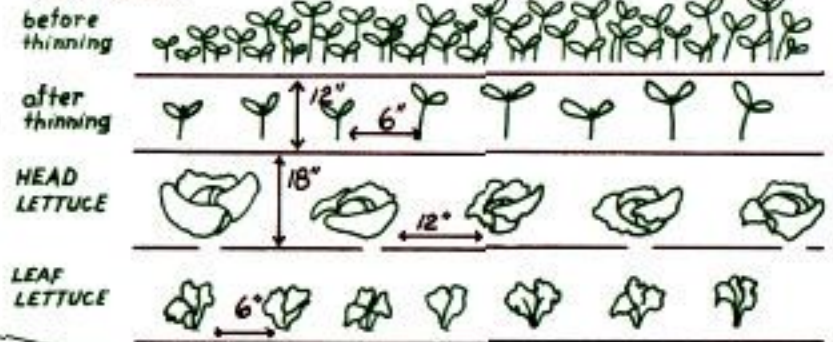
PREPARE THE SOIL



Lettuce, spinach, and other leafy vegetables have tiny seeds — too tiny to grow under big lumps of soil. Rake the soil smooth! (See #2 in this series: Start with Soil)

ALL KINDS OF SALAD STUFF

- \* Make rows 12-18 inches apart. Barely cover seeds with soil.
- \* After seeds come up, plants need room to grow. Pull out weak plants so the ones you leave are 6 inches apart. Head lettuce needs more room — about 12 inches. Eat what you thin.
- \* Lettuce roots are shallow. You can hurt them with a hoe. Organic mulches like grass clippings, straw or leaves will help control weeds. (See #4 in this series: Keep 'em Growing)
- \* Salad crops need plenty of water. Mulches keep the soil moist.



CRISPHEAD LETTUCE



The kind you usually find at the store. It is sweet and mild with round, firm heads, but a little hard to grow, as it dislikes intense heat.

BUTTERHEAD LETTUCE



Makes loose, bunchy heads. Outer leaves are dark green, but the best eating leaves are the butter-colored ones inside.

SPINACH



Often served cooked. Young, fresh-picked leaves make a super salad. Remove the coarse stems. Fresh spinach has a slightly sharp flavor.

LEAF LETTUCE

Doesn't make heads. Pick leaves often to keep them from getting old and bitter. Some kinds are green; others are red or brownish and ruffled. Pretty in salads!



COS or ROMAINE LETTUCE

A tall, coarse kind of lettuce. It's sweet, but has a stronger flavor than most.



CELERY CABBAGE or CHINESE CABBAGE

Tall, oval plant with pale leaves. Leaves are crisp and spicy. Use it like lettuce, or shred it for cole slaw, or steam for a cooked vegetable.

ENDIVE and ESCAROLE

Sharp-flavored, slightly bitter greens, that look a lot like lettuce. Endive has lacy leaves; escarole has broader, curly leaves. Both need to be blanched — that is, shielded from light for 2 weeks before harvest. This prevents a bitter flavor. To blanch, tie outer leaves together at top of plant.



## OTHER GREENS YOU CAN USE ...

AND YOU THOUGHT  
I WAS JUST  
A WEED!

**DANDELION** — Eat the tender, young leaves.

**PURSLANE** — A terrible weed if you let it go to seed.

**GARDEN CRESS** — An appetizing and mildly pungent herb.

**LAMB'S QUARTERS** — Another wild, edible plant.

**NASTURTIUMS** — How about bright, tasty flowers in your salad?

**SWISS CHARD** — Similar to spinach.

**BET AND TURNIP TOPS** — Now there's no reason not to thin these root crops!



### SALAD TRIMMINGS



Hard-cooked eggs  
Cauliflower flowerets  
Raw mushroom slices  
Crisp bacon bits  
Cheese cubes  
Tomatoes  
Pickles  
Fresh herbs  
Avocado slices

Carrots  
Celery  
Scallions  
Onions  
Apple wedges  
Fresh peas  
Nuts  
Croutons



KEYS  
TO  
SUCCESS

.Grow in cool weather.  
.Make repeated plantings.  
.Plant different varieties.

Other bulletins in this series provide additional information on vegetable gardening.

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