

Salad Box Garden

From Girl Scouts Go Green

Hello! Thank you for signing up for an salad box from Girl Scouts Go Green. This packet will include information on how to grow and have your plants prosper, how to harvest, and some helpful hints and tips to ensure the life of your salad box. Your box has some amazing plants including: lettuce, carrots, peppers, dill, chives, onions, garlic, oregano, sage, thyme, radishes, parsley, basil, kale, and a few more. The box it comes in will be choc full of these awesome plants that you can use in so many different ways, and they are so easy to grow! Seeds have been planted in the boxes, so be careful watering so you don't wash them away or drown them. Make sure you keep them in sunlight and keep the soil moist, but do not water it more than twice a day, especially if you keep the box outside and it rains. Wash your plants after you harvest it. The boxes to have drain holes, so keep something underneath it to prevent spillage if you have it inside. Here is some general info on each of these plants that you need to know.

Lettuce

Lettuce prefers moist, cool conditions, and you don't even have to worry about chilly weather because the seedlings can tolerate a light frost. Lettuce enjoys sunny areas, and can sometimes be in semi-shade. Harvest your lettuce when the heads or leaves are full sized. As soon as you see the leaves are grown, pick them while they're still tender. If you allow the lettuce to become too mature, you'll end up with bitter lettuce, and that makes for a bad salad.



Carrots

They grow best in cool temperatures like those that occur in early spring and late fall and do great in containers. You want to keep your carrots free of weeds when growing carrots in the garden. To check the size of your carrots, gently remove some dirt from the top of the root and check the size of the root. To harvest, gently lift the carrot from the soil. Carrots take about 65-75 days to fully grow.



Peppers

Your peppers will need five or more hours of direct sunlight, the more light they can get, the better they will grow. When the peppers are red or yellow (depending on the plant), gently pull and twist it to disconnect it. If it doesn't come off when you do that, it isn't ripe. You can cut it up and eat it raw, or cook it. Peppers take 60-90 days to fully grow from seeds.



Dill

Dill is a nice, refreshing herb with a mild taste. This is a very versatile herb in cooking. This plant is spiky looking, but is soft to the touch. As the plant matures, it will have yellow/white flowers on the top of the dill plant, do not harvest these, these help the plant grow back the next year. To harvest this plant, gently pull or cut (with scissors) off a sprig of dill, do not take out the main stem.



Chives

Chives have a taste similar to those of a green onion, garlic, or regular onion, but have a little bit more tang to them. They are a great addition to anything savory, especially if you want to add something green. This plant has long green "stalk" and purple blossoms. To harvest it, cut off a stalk with scissors and wash. It's easier to cut up the chives with scissors to put in a food dish.



Onions

Onions will grow underground, and they look like chives from above, but don't have the purple blossoms on it. To decide whether or not to harvest, check it by removing a small amount of soil and seeing how big it is, when it's about the size of your palm, they are ready to harvest.



Garlic

Garlic will also grow underground, and look similar to onions from above. You will be ready to harvest your garlic when the leaves turn brown. Before you use it in food, you need to let the garlic dry for a few days, place them in a cool, dry place. When you take out a clove, smash it with the side of your knife so you can easily



peel it.

Oregano

Oregano needs full sun to grow, and can be very drought tolerant, so you don't have to water these as often. Plants can be harvested anytime once they have reached 4 to 6 inches tall. Harvest it in the morning when the dew dries. Oregano will return every year.



Sage

The best place for planting sage is in full sun. Your sage plant should be put in a well draining soil, as sage does not like its roots to remain wet. To harvest, pull off an entire stem or just a leaf, don't eat the stem. Sage will return every year.



Thyme

Thyme is very easy to grow, keep it in sun. It can thrive in poor conditions. You can use it in savory or sweet dishes. To harvest, just pull off a stem or the leaves, don't eat the stem. Sage will return every year.



Radishes

Keep radishes in the sun, they are a root vegetable that are a pinkish red. The leaves are a pale green oval that are kind of poky. Keep the areas around the radishes weeded. Radishes will be ready to harvest when the leaves are 4-6 inches long, and you will be able to see a pink vegetable underneath them. They are spicy.



Parsley

Parsley can be in full sun or partial shade, and doesn't require a whole of care. This is a very versatile herb that can be used in any style of cooking. To harvest, take a full stem or leaf. Parsley will return every year.



Basil

There are many types of basil, and they are easy to care for, make sure they are in good sun. If they flower, take them off, they will ruin the flavor. Make sure you do not overwater them. You will have to harvest basil often. To harvest, pull off the leaves.



Kale

Kale is similar to lettuce, but has a deeper green color and is more frilly. Kale prefers sun and well drained soil. Kale takes about two months to mature, and needs to be weeded around it. To harvest it, pull off a leaf or as much as you need and cut off the stalk, for it is bitter and hard. The kale will continue to grow when the roots remain in the ground.

