

Growing Lettuce, Spinach, and Mustard Greens (One Farm's Experience)

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This talk will discuss the techniques we use to grow salad greens on our small farm in central Vermont for our CSA, Wholesale, and Farmers' Markets. Annually we sell around 4,500 pounds of greens from early May until the end of December. We use an intensive system, double cropping 1/2 an acre to grow our field greens. We also grow in two 3,000 square foot unheated high tunnels to extend our season in the early spring and into late fall/winter. Over the years, we've developed these systems to grow a diversity of salad greens in a small area so we can provide a continuous supply to meet our markets demands.

We will discuss the following topics:

High tunnels & season extension techniques
Floating row covers
Bed Prep
Seed varieties
Seeding methods
First and last planting dates
Succession planting
Weed control
Pests, disease, & fertility
Harvest
Wash
Storage
Packaging & marketing

Root 5 Farm is a certified organic vegetable farm located on 28 acres in Fairlee, Vermont, along the CT River. The fertile river bottom soils provide a rich environment for growing over 140 different varieties of vegetables, herbs, and flowers. Root 5 Farm is owned by Ben Dana and Danielle Allen. The farm has been certified organic by Vermont Organic Farmers (VOF) since 2006. Products from Root 5 Farm are sold through local farmers' markets, CSA memberships, local restaurants and small local grocers.

If you have any questions please feel free to call or email Ben