

# *SUMMER GREENS*



*By Catherine Sylvestre*



# *Why is FQT farm so GREEN ?*



*Summer  
greens are...*

*Easy*

*Fast*

*Popular*

*A kale  
monoculture,  
every  
farmer's  
dream*



*Selling is the hardest  
part*

*We can grow infinite  
amounts!*

*Clear and  
repeatable  
procedures*

*Necessary on a  
farm-school*



# *Minimalist approach*

1



2



3



4



# *Greens worth growing all summer*

Mesculun

Kale & Swiss Chard

Lettuce

[Radicchio] → Bonus!



*Salad  
mix :  
star of  
the show*



# *Salanova*

- *Plant every 2 weeks*
- *16 kilos per cut for 100' bed, or more*
- *20% Green incised, 30% Green Sweet crisp, 20% Red batavia, 30% Red incised*
- *24\$/kilo*
- *90 days in the garden for 3 cuts*
- *4 rows every 6"*



# Chicory

- *Add to the mesclun mix*
- *Benefine*
- *At Least 3 cuts per bed*
- *1 spring planting and 1 summer planting is enough*
- *4 rows every 6"*



# *Baby greens*

- *Seed every 2 weeks*
- *10 kilos per cut for 100' bed*
- *Red russian, Ruby streak, Mizuna, Red Giant*
- *55 days for 3 cuts*



# *Mesclun \*perfect\* recipe*

*60% Salanova*

*5% Chicory*

*35% Baby greens (kale,  
mustard, arugula)*

# *Kale and Swiss chard*

- *2 plantings per summer (May 1st, June 15), on landscape fabric*
- *600 bunches per 100' bed, or more*
- *4,50\$/bunch*
- *150 days in the garden*
- *2 rows every 18"*



# Lettuce

- *Plant every 2 weeks, on Landscape fabric*
- *Muir → works all the time*
- *Adriana → most beautiful green butter head*
- *Skyphos → Red butter head*



# Lettuce

- *275 heads per 100' bed*
- *4,25\$/head*
- *65 days in the garden*
- *3 rows every 12"*





# *Radicchio*

- *Plant once July 15 (zone 5b), on landscape fabric*
- *Leonardo, Virtus, Fiero, Puntarelle*
- *250 heads per 100' bed*
- *5 to 7\$/head*
- *90 days*



# *Summer greens challenges*

*The only constant in farming is challenges—though  
we never know where they'll come from.*

*It keeps things interesting!*

# *Problem #1*

## *Weeding Direct-seeded greens*

- *Step 1 : Stale seed bed*
  - *Step 2: Flame weeding*
  - *Step 3 : Flex tine weeder (2 times/week)*
  - *Step 4 : Wire weeder (once, only if needed)*
- + Compost mulch?*



# *Problem #2*

## *Overgrown hedge rows*

→ Shade

→ Stealing water and  
nutrient



# *Problem #3*

## *Flea Beetle*



*Always covered*



# *Problem #4*



# *Market ready*



*Greens are  
front and  
center at the  
Farmer's  
Market*





# *Selling greens to restaurants*

- *Constant supply (never miss a week!)*
- *Find customers that have mesclun mix in each of their plates*
- *→ Vices et versa at FQT farm, 20 kilos per week, every week consistently*



# Winter

*Growing winter greens helps to sell more summer greens*

*Winter growing session tomorrow!*

*See you then if interested :)*

