

# Mustard

Suggested species: *Sinapsis alba* (botanical name)

## Green Manures

### PLANT



**Sow seeds at 5g/m<sup>2</sup> by scattering on soil surface; rake and tamp down. Can sow in 15cm apart rows. Grow in same area (rotation) as other brassica plants (eg cabbage). Fertile soil best**

### GROW



**Grows very quickly. Suppresses weeds. Stops nutrients leaching from soil between harvests in warmer months. May not do well in very hot weather**

### DIG



**Cut down or hoe off leaves as flower buds form or two to four weeks before soil needed (whichever sooner). Dig in whole plants. Can leave overwinter. Frost may kill plants**

### Growing guide

**Easy!**

### Average growing period

4-8 weeks, may overwinter

### Equipment needed

None

### Germination time

7-12 days

### Average plant size

Up to 60cm tall, 20cm wide

### Family group

Brassica: cabbage, broccoli

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Not eaten

| Spring Term |   |   | Summer Term |   |   |   |   | Autumn/Winter Term |   |   |   |
|-------------|---|---|-------------|---|---|---|---|--------------------|---|---|---|
| J           | F | M | A           | M | J | J | A | S                  | O | N | D |
|             |   |   |             |   |   |   |   |                    |   |   |   |
|             |   |   |             |   |   |   |   |                    |   |   |   |

Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Cut down/dig in

2.5cm = 1 inch 30 cm = 1 foot

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