

Hortcraft Holland Leafy Greens Cheat Sheet 2020

Leafy greens are plant leaves that we consider a vegetable, such as kale, spinach, or cabbage. They are packed with vitamins (especially vitamin K), minerals, and fiber, while low in calories and fat. Some may even lower the risk of cancer, heart disease, and osteoporosis. Grow them in soil or water, and harvest only what you need so the rest of the plant can continue growing and provide you even more. Check your plants daily for pests and diseases. Keep the soil moist, but not too wet.

Crop	Temperature	Planting	Pot or container depth	Light Hours	Grow height	Harvest	PH
<i>Arugula (rocket)</i>	10-18°C (45-65°F)	Seeds: 6mm (¼") deep and 2.5-5cm (1- 2") apart Seedlings: 15 cm (6") apart.	≥15 cm (6") deep	14	20-30 cm (8-12")	28-42 days	6.0-7.0
<i>Beet greens</i>	16-21°C (60-70°F)	Seeds: 2.5 cm (1") deep and 2.5-5cm (1- 2") apart Seedlings: 7.5-10cm (3-4") apart	30cm (12") deep	14	≤ 12cm (5")	50-60 days	6.0-7.5
<i>Bok Choy (Chinese cabbage)</i>	13-24°C (55-75°F)	Seeds: 1cm (½") deep and 2.5cm (1") apart Seedlings: 15-25.5 cm (6-10") apart	≥22 cm (9") wide	8	≥ 30 cm (12")	56-75 days	6.0-7.5
<i>Broccoli</i>	13-24°C (55-75°F)	Seeds: 1cm (½") deep and 7.5 cm (3") apart. Seedlings: 50 cm (20") apart	Container of 11 liter (3 gallons) and 45 cm (1.5') wide	≥ 6	60 cm (2')	Grown from seed: 100-150 days. Grown from transplants: 55- 80 days.	6.0-6.8
<i>Cabbage</i>	7-24°C (45-75°F).	Seeds: 1cm (½") deep and 2.5 cm (1") apart. Seedlings: 45-61cm (18-24") apart	≥ 20 cm (8") deep and wide	16	≤ 90cm (3')	Grown from seed: 80-180 days Grown from transplants: 60-105 days	6.5-7.0
<i>Collard Greens</i>	4-18°C (40-65°F)	Seeds: 2.5cm (1") deep and 7.5cm (3") apart. Seedlings: 30cm (12") apart	25cm (10") deep	6-8	60-90 cm (2-3')	Grown from seed: 85-95 days Grown from transplants: 75-85 days	6.5-7.0
<i>Endive & Escarole</i>	10-24°C (50-75°F)	Seeds: 0.5cm (¼") deep and 2.5-5cm (1-2") apart. Seedlings: 15-30cm (6-12") apart	30-45cm (12-18") deep	9	10-12cm (4-5")	85-100 days	5.0 to 6.8

Crop	Temperature	Planting	Pot or container depth	Light Hours	Grow height	Harvest	PH
<i>Iceberg lettuce</i>	18-21 °C (65-70°F)	Seeds: 10-15cm (4-6") deep and 2.5cm (1") apart Seedlings: ≥ 25cm (10") apart	20 cm (8") deep and 15 cm (6") wide	14-16	10 cm (4")	45 days	6.0-6.8
<i>Kale</i>	16-18°C (60-65°F)	Seeds: 1cm (½") deep and 7 cm (3") apart. Seedlings: 30 cm (12") apart	25cm (10") wide and deep	12	45cm (18")	50-60 days (baby greens: 22 days)	5.5-6.8
<i>Lettuce</i>	10-26°C (50-80°F)	Seeds: 1cm (½") deep and 7.5cm (3") apart Seedlings: 46 cm (18") apart	15 cm (6") deep	12-14	15-30 cm (6-12")	50 days (30 days for baby lettuce)	6.0-7.0
<i>Mizuna</i>	8-18°C (45-65°F)	Seeds: 1cm (½") deep and 5cm (2") apart Seedlings: 20cm (8") apart	15cm (6") deep and wide	10-12	15-20 cm (6-8")	40 days (20 days for baby greens)	6.0-7.5
<i>Mustard greens</i>	7-21°C (45-70°F)	Seeds: 1cm (½") deep and 2 cm (1") apart Seedlings: 10-20cm (4-8") apart	15-20cm (6-8") deep	12-16	3 feet (.9m) tall.	40 days (20 days for baby greens)	6.0-6.8
<i>Romaine lettuce</i>	4-26°C (40-80°F)	Seeds: 0.3cm (1/8") deep and 2cm (1") apart Seedlings: 15-20cm (6-8") apart	20 cm (8") deep	10-12	50cm (20")	65-85 days	6.0-6.5

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Sorrel	10-23°C (50-75°F)	Seeds: 1cm (½") deep and 2.5-7cm (2-3") apart Seedlings: 30-45cm (12-18") apart	≥20 cm (8") deep	12-14	30-45cm (12-18")	60 days	5.5-6.8
Spinach	10-21°C (50-70°F)	Seeds: 1cm (½") deep and 5-10cm (2-4") apart. Seedlings: 30cm (12") apart	30cm (12") deep	14	10-15cm (4-6")	30-45 days	6.5-7.5
Swiss chard	22-26°C (70-80°F)	Seeds: 1cm (½") deep and 2.5-5cm (1-2") apart Seedlings: 20-30cm (8-12") apart	20cm (8") deep and 30cm (12") wide. Or an 18 liters (5-gallon) container.	12-14	40 cm (16")	50-60days	6.0-6.8
Turnip greens	7-24°C (40-75°F)	Seeds: 1cm (½") deep 2.5cm (1") apart Seedlings: 10-15cm (4-6") apart	≥ 20 cm (8") deep and wide	14-16	30-35cm (12-14")	30-60 days	6.0-6.5

Hortcraft Holland strongly recommends that you do your own research before growing and experiment with different growing methods to see what works for you and your type of plant. Your plants may differ from ours or may need other conditions than the conditions described above. Follow the recommendations on the seeds packaging.