

# A GREEN SPRING

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# Peas and Leafy Greens



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# Let's Talk Peas!

## 3 Varieties of Peas

**Sweet Peas** – inedible pods, peas are sweet

**Snow Peas** – edible flat pods with small peas inside, tangy & crisp

**Snap Peas** – edible pods with full-size peas



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# Let's Talk Peas!

## A Hybrid

**Sugar Snap Peas** – hybrid of green peas and snow peas. Edible pod peas that are sweeter and larger than snow peas. Because the pods of green peas are difficult to chew, sugar snap peas pods were bred with their fibers going in one direction, making them easier to chew.

These are best eaten fresh so pick them right off the vine and eat them whole.



# Let's Talk Peas!

## Prep Work?

- Choose your site in the Fall if possible.  
*Should be full sun*
- Add compost or manure at this time.
- Before planting in the spring– add bonemeal or wood ashes if available.  
*Peas need phosphorus and potassium, but an excess of nitrogen will encourage foliage growth instead of flowers.*



# Let's Talk Peas!

## When to plant

- Sow seeds outdoors 4 to 6 weeks before your last spring frost date

### **Between St Patrick's Day and April Fools!**

- Soil temperature should be at least 45°
- Get peas in the ground while soil is still cool, but be aware of excessive moisture caused by snowmelt or spring rains.
- A blanket of snow won't hurt emerging seedlings, but several days of temperatures in the teens can - so be prepared to plant again.



# Let's Talk Peas!

## Planting Peas

- Set your row north to south so that all plants get plenty of sun
- Can soak your seeds overnight in water to help speed germination
- Sow seeds in double rows about 6-8 inches apart so a trellis can run between them
- Stagger your seeds so that they are not directly across from one another on the trellis
- Space each set of double rows about 30 inches apart so you can easily move between them



# Let's Talk Peas!

## Planting Peas - continued

- Make your furrows 1 inch deep in cool soil or 2 inches deep in warmer soil.
- Seedlings should emerge in 9 to 13 days
- Once seedlings are well established you can “hill” the soil around them

## Bush or Dwarf Peas

- These can be grown without support – but your harvest will be greater if you offer them something to climb on.
- Sow peas in wide-row blocks – but make sure you can reach past the center of the block in order to harvest what grows in the middle.



# Let's Talk Peas!

## Harvesting your Peas

- On average – it takes 70 days for you to have mature pods to pick.
  - Keep your peas well picked to encourage more blooms and pods to develop
  - Pick peas in the morning after the dew is dried. They are crisper.
  - Always use two hands – one to secure the vine and one to pull the peas
- ❖ You can always plant again in the late summer to harvest in the fall!
- Remember:** Germination will be much quicker and if you plant them too early the pods will be tough from the heat.

# Let's Talk Peas!



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# Leafy Greens

## Types of Leafy Greens for spring

- Kale
- Collards
- Mustard Greens
- Turnip Greens

These are all called “leafy greens” because the leaves are the part of the plant that is eaten.

## Other “Greens”

- Spinach
- Loose Leaf Lettuce
- Radishes

These are great greens for spring. They grow quickly and can be harvested early when you just can’t wait to eat those first veggies of the year.



# Leafy Greens

## Prep Work

- Choose a well drained location with plenty of sunshine
- Leafy greens like compost and well-rotted manure.
- If using compost, it can be added in the spring
- If using manure, should be added in the fall prior to planting



# Leafy Greens

## Kale

- Can be planted in the early spring all the way to early summer
- Can then be planted again in the late summer to harvest in the fall
- Plant seeds  $\frac{1}{4}$  to  $\frac{1}{2}$  inch deep
- After about 2 weeks, thin so they are 8-12 in apart
- Kale is ready to harvest when the leaves are about the size of your hand
- Do not pick the terminal bud (the top center of the plant).
- The plant will keep producing as long as it is still in place.
- Kale will continue to grow until it's 20°F. It will even taste sweeter after a frost.



# Leafy Greens

## Collards

- Should plant 2 – 3 weeks before last frost date
- Space rows 2 to 3 feet apart and thin to 18 to 24 in apart
- Need a steady supply of moisture
- Harvest leaves when they are up to 10 inches long
- Pick the lower leaves first working your way up the plant
- Can plant again in the late summer for late fall harvest
- Leaves will be sweeter after a frost



# Leafy Greens

## Turnip and Mustard Greens

- Plant 2-3 weeks before last spring frost
- Site should have a 2 to 4 inch layer of compost or aged manure.
- Plant in well drained soil with plenty of sun
- Scatter seeds and cover with less than ½ in soil
- If you want to harvest the turnips and your soil has a lot of clay, make sure to mix in sand
- Make sure that soil is loosened to a depth of 12 to 15 inches
- Can plant again in the late summer for fall harvest



# Leafy Greens

## Spinach

- Select a site with full sun to light shade
- Prepare soil with aged manure or compost in the fall or at least a week before planting in the spring
- Can be planted 2 – 3 weeks before last frost
- Sow seeds ½ to 1 in deep.
- Should thin to 3-4 inches apart once they reach about 2 inches
- Be careful – roots are very delicate
- Is great for succession planting –will keep you with sweet spinach all spring
- The bigger the leaves – the greater the bitterness.
- Can harvest just the larger leaves and let the smaller continue to grow
- Great way to fill the empty space in your garden as the season progresses
- Can plant again in the late summer/early fall.



# Leafy Greens

## Lettuce

- Can plant 2-3 weeks before last frost date
- Should prepare soil with aged compost or manure in the fall or at least 1 week prior to planting
- Snow will not hurt the seedlings but a cold wind will.
- Can broadcast seed or plant in rows
- Can thin once plants are 2 inches tall – great to eat!
- Be careful – roots are tender
- Can sow every 2 weeks in the spring for a continuous harvest
- Plant near taller plants that will offer shade later in the season
- Can plant again in the late summer, early fall.



# Leafy Greens

## Radishes

- Prepare soil just like for spinach/lettuce
- Sow seeds 4-6 weeks before average frost date
- Can sow continuously all thru spring - every 10 days or so
- Thin to 1 inch apart.
- Can be used as a “filler” for spots in the garden to lessen weeding
- Can plant again in the late summer/early fall



# Bolting Greens

- Bolting in leafy greens is just the plant continuing its natural cycle.
- For some reason – when a flower “bolts” we call it “flowering”
- But when our leafy greens “flower” we call it “bolting”
- This is why we plant in the early spring and harvest before the heat of summer arrives.
- The plant is wanting to flower and set seed when it bolts.
- Leaves will become bitter, tough and inedible.
- Either let the plant go and gather the seed – or harvest the entire plant.



# Leafy Greens



If a girl finds nine peas in a pod, the next bachelor she meets will become her husband.-*Farmers Almanac*

**Sources:**

Extension.osu.edu

Farmersalmanac.com

Extension.umd.edu

Harvesttotable.com



<http://thewellnessscientist.com/blog>

BENEFITS OF  
EATING YOUR  
GREENS

EXCELLENT SOURCE OF FIBER &  
FOLATE  
HIGH IN VITAMINS C & K  
IRON & CALCIUM-RICH