

Mustard Greens

Brassica juncea · *Brassica* family

DIFFICULTY Easy
TYPE Annual, direct sown
MATURITY 30–50 days



SUN
Full–part sun



WATER
Consistent



SOIL PH
6.0–7.0



SPACING
20cm



DEPTH
0.5–1cm

01 Peppery and productive

A fast, spicy leafy green that tolerates a wider range of conditions than lettuce or spinach — a good filler crop between slower vegetables.



sown thickly, before thinning

thinned to final spacing

02 Planting

METHOD	Direct sow thinly.
SOIL	Rich, moisture-retentive.
TIMING	Sow through cooler months for the mildest flavour; heat intensifies the pepperiness.

04 Problems

- **Flea beetle** — small holes in leaves; net young plants.
- **Bolting** — heat stress; grow in cooler months.
- **Aphids** — hose off.
- **Very hot flavour** — usually from heat stress or over-maturity.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Beans	Other brassicas nearby	Rotate brassicas loosely on a 2–3 year cycle.

03 Growing care

- Keep soil evenly moist.
- Harvest outer leaves for continuous production.
- Succession sow every few weeks.
- Net if flea beetle pressure is high.

05 Harvest & storage

SIGNS	Leaves reach usable size, picked young to moderate.
METHOD	Cut outer leaves or the whole plant.
CURING	None needed.
STORAGE	Fridge crisper, about a week.