

# How to Grow Mustard



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When people think of mustard, most relate it to the condiment put on hot dogs. However, there are many other uses for the mustard plant in addition to turning its seeds into the seasoning paste. The mustard plant's leaves are good sources of calcium, vitamin A and vitamin C, and they are great added to a salad or used in cooking. Read on to learn how to grow mustard.



## Instructions

Choose an area in your garden that is in full sun and is not occupied by other plants. Mustard plants grow and spread rapidly and tend to take over the area in which they're growing.

Aim for a summer harvest by planting mustard early in the spring and aim for a fall harvest by planting late in the summer. These plants like cool weather so avoid growing them in the middle of summer.

Plant the seeds 1/3- to 1/2- inches deep in the soil and position them about 3 inches apart. Leave 1 foot between each row of plants.

Keep the mustard plants well-watered and fertilized, and they should mature within 45 to 50 days. Weed the area frequently so that the weeds don't hog the mustard plants' water.

Harvest formed leaves when they're young and tender, before they begin to wilt or become yellow. Either pick the leaves off the plant as they grow or cut down the whole plant. You can eat the leaves raw or cooked.

Wait until the plants start to turn yellow to harvest mustard seeds. Leave the pods containing seeds on the plant as long as possible, but harvest them before the pods burst.