



Mustard Greens

Scientific Name: *Brassica juncea*

Recommended Varieties:

- Tendergreen
- Southern Giant
- Florida Broadleaf

Common Pest(s):

Mustard greens don't have many problems but can be subject to cabbage loopers, armyworms and flea beetles.

Bonnie Plants

Master Gardener Handbook

Photos: Creative Commons

Growing Information

Cool Season Plant

A rapid grower, mustard greens are ready to harvest at 45–50 days. Planting mustard greens is done either from seed or from seedlings. Growing mustard greens from seed is so easy, this is the most common way to plant mustard greens.

Ideal Planting Window

Inland Valley – August; April

Desert – October - December

Growing Guidance

When planting mustard greens seeds, plant each seed just under the soil about a half inch apart. After the seeds sprout, thin the seedlings to 3 inches apart.

Further information:

[Gardening Know How](#)

[MG Santa Clara.ucanr.edu](http://MG.SantaClara.ucanr.edu)



Interesting Facts

Mustard plant is an herbaceous plant that belongs to the cabbage family. It originates from Europe, Asia, Mediterranean region and Himalayas. Cultivation of mustard plant started 3,000 years BC in India. There are around 40 types of mustard plants. White, black and brown varieties of mustard plants are the best known and most commonly used today. Mustard plants grow in colder climates, on the moist ground in areas that provide enough sun. Besides being one of the most popular condiments in the world, mustard is used in treatment of numerous disorders in traditional medicine.

Many people don't realize that a mustard seed plant is the same plant as a mustard greens plant (*Brassica juncea*). This versatile plant can be grown as a vegetable and eaten like other greens or, if allowed to flower and go to seed, mustard seeds can be harvested and used as a spice in cooking or ground into a popular condiment. Learning how to grow mustard seeds is easy and rewarding.

[Soft Schools](#)

[Gardening Know How](#)

Contact Information



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Nutritional Information

Nutritional Value

A cup of chopped raw mustard greens provides:

Calories: 15, Protein: 2 grams, Fat: less than 1 gram, Carbs: 3 grams, Fiber: 2 grams, Sugar: 1 gram, Vitamin A: 9% of the Daily Value (DV), Vitamin B6 (pyridoxine): 6% of the DV, Vitamin C: 44% of the DV, Vitamin E: 8% of the DV, Vitamin K: 120% of the DV, Copper: 10% of the DV

[Healthline](#)

Recipe: Mustard Greens



Ingredients:

1/2 cup thinly sliced onions
2 cloves garlic, minced
1 tablespoon extra virgin olive oil
1 pound mustard greens, washed and torn into large pieces
2 to 3 tablespoons chicken broth
1/4 teaspoon salt & 1/4 teaspoon pepper
1/4 teaspoon dark sesame oil

Prepare:

In a large pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant. Add the mustard greens and broth. Cook until the mustard greens are just barely wilted. Toss the greens with sesame oil and season with salt and pepper. Serve

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