

## Guide to Planting and Growing Your Salad Table

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### Location

Begin by finding a level location for your table. In winter months, your table will do well in full sun, while during our hot summer months it will thrive in a more shady location. Try to find a spot that is convenient for you so that watering and harvesting are easy.



### Growing Media

You will want to fill your table frame with a light weight *potting soil mix*. Do not use garden soil or any other heavy material since your frame will not support the weight. Because of the small depth of your table, it is important to fill each section to the top of the supports (for reference, it will take approximately 100 quarts of soil to fill the full-size table, usually two bags). The soil will settle slightly once watered and will allow the water to soak in well.

### What Can I Grow?

Your table will be perfect for growing a wide variety of herbs and greens. Many of these plants have relatively small root systems and most can be harvested repeatedly so that replanting is not necessary. Below is a list of top performers:

- Mint family- basil, thyme, oregano
- Parsley family- parsley, cilantro, coriander
- Lettuces- including endive, chicory, bibb
- Beet family- spinach, beets, chard
- Others include radishes, collard greens, arugula, and kale

Planting your table is easy! If you are using small plants, simply dig a small hole about the same size as your plant's roots. Once you nestle the plant in the hole, gently pat in the soil around it to hold it firm. If you are planting seeds, such as lettuces or spinach, make a furrow as long as you want your row and add additional

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furrows 4-5” apart. Then, plant seeds about 1” apart and gently cover with soil. Most seeds for greens will germinate in 2-4 days.

### **What Will My Table Need?**

Once you have your table in place, soil filled and planted, the last step is to water your table. It is important that you deeply water your entire table so that there is water running freely from the bottom. The netting on the bottom will ensure good drainage so that you won’t have to worry about over-watering your plants.

Every 3-4 weeks you may want to fertilize your plants with a water-soluble fertilizer, such as MiracleGro. This will keep your plants growing vigorously throughout the seasons. In addition, over time you may notice that the soil will start to break down and expose more of the bracing. Feel free to add fresh soil to your table when the level begins to get low.

### **Now what do I do with my plants?**

When your plants begin to get large (and they will!), feel free to cut back the tips of the plants. This “pinching” will keep the plants from getting too leggy and encourage them to become more full. Harvesting your herbs will naturally keep the size of the plants in check and encourage them to grow.

If some of your herbs begin to flower, it is best to remove the flower from the plant (Figure 1). This will keep the plant’s energy focused on growing more leaves for you to use rather than on producing inedible flowers.



*Figure 1. Flowers on basil*

**Enjoy your new Salad Table! You will be surprised to discover the new flavors of fresh herbs and greens and the money that you will be able to save by growing them yourself.**