



GROWING CORN SALAD

An invaluable hardy winter salad for growing outdoors and under cover with a superb nutty flavour. Corn salad or lamb's lettuce is a small annual plant that forms rosettes of dark green leaves which have a gentle nutty flavour, soft texture, and are extremely popular as salad greens.

Seed Sowing

Sow corn salad between July and October for autumn, winter and early spring harvests. Seeds germinate best in cool, moist soil (5-15°C), but be patient – they can take up to 12 days to sprout. Sow in shallow drills or broadcast and cover lightly with soil. Ensure continuous harvest by sowing every 2-4 weeks.

Transplanting

Plant out from modules once seedlings are established, spacing plants 25cm apart. It requires little to no protection from the cold so can be grown both outdoors or under cover.

Plant Care

Keep the area weed-free and consistently watered during hot spells to reduce risk of bolting. You can mulch around the plants to keep in moisture and prevent weeds. Corn Salad is frost hardy and suitable for growing outdoors with little protection or under cover in the cold.

Challenges

Generally pest and disease-free, things to look out for are slugs or powdery mildew.

Harvest

You can either cut the whole plant at the base once 6-8 leaves have formed or pick a few of the outer leaves from each plant to encourage regrowth.

We were surprised by just how hardy Corn Salad was in our winter garden - we feel it's a must have

addition to any veg patch for the simple joy of being able to do outdoor harvests all winter long.

Culinary Ideas And Uses

Corn Salad has a superb nutty flavour and is great raw on its own with a lemon balsamic dressing or mixed into a salad with Claytonia, oriental leaves and winter lettuce. It is a good source of Vitamin A, C, B6, Iron, Phosphorus and Potassium.

Seed Saving

Choose plants that are true to type, healthy and have shown pest resistance. Avoid early bolters.

Allow plants to flower and produce seed pods that will begin to dry. Pull up entire plants and hang upside down, laying a sheet underneath to catch the seeds. Winnow any extra plant material and allow the seeds to dry further in a warm, dry space for a few more days.

Store in a cool dark place; seeds should remain viable for around 5 years.