

**Upland Cress Salad Greens**

**Upland Cress is also called Winter Cress, or Creasy Greens in the South. Although sometimes slow to start, this is generally easier to grow than watercress and a good cut-and-come again crop that is 4-6" tall with mildly peppery leaves. Leaves, shoots, and flower buds are all delicious. Adds zesty flavor to salads, soups, eggs, and sandwiches. Use as a fresh garnish to complement grilled vegetables or fish. Rich in iron, calcium and vitamins A and C.**

**Culture: Prepare fertile, well-drained soil. Germination temperature 55-75˚F. Prefers cool temperatures and will bolt when heat sets in.**

**Spacing: Sow seeds ¼" deep by broadcasting or seeding 1" apart. Thin sprouts, leaving 4 inches between each. For a continuous supply, plant seeds every 2-3 weeks over the growing season.**

**Irrigation: Keep soil consistently moist, as the seeds germinate slowly over two-week period. Continue to water regularly to maintain even soil moisture, but do not soak.**

**Fertilization: Requires moderate levels of nutrients. Amend soil with compost before planting.**

**Maturity: 45-60 days. Harvest at any stage from microgreens to full maturity.**

[**https://www.kitazawaseed.com/seed\_182-157.html**](https://www.kitazawaseed.com/seed_182-157.html)

**Grows well with beets, carrots, sunchoke, corn, sunflowers, pole beans, dill, lettuce, onion, spinach, tomato, nasturtium, and cilantro.**