

God gave us...



*Plant a Seed! Feed a Soul!*

# “Mustard” (Brassica juncea)

Planting depth: ¼” Apart in row (after thinning): 2”-3” Distance between rows: 12-24” Approximate days to germination: 5-10 days

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## Let's Grow...

Mustard seeds should be sprinkled in short rows over the ground and covered with a small amount of soil about ¼” deep. It takes about 5-10 days for the seedlings to sprout. A mustard seed is very small~ but it is alive and growing. A small amount of faith and trust in God will take root and grow in our hearts.

## Taking care of God's creation...

New plants need regular watering and weeding. When seedlings are 2” tall, thin them to 2”-3” apart. The thinned leaves can be cooked and eaten. Mustard can be eaten when the plants are 12”-15” tall.

## Eat your mustard...

Mustard greens were first grown in the India more than 5,000 years ago and is grown for its tender vitamin-rich leaves and stems. It is an excellent source of vitamins needed for healthy bodies.

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“If you have faith as small as a mustard seed...nothing will be impossible for you”

Luke 17