God gave us...
“Mustard” (Brassica juncea)

Planting depth: $\frac{1}{4}$” Apart in row (after thinning): 2”-3” Distance between rows: 12-24” Approximate days to germination: 5-10 days

Let’s Grow…
Mustard seeds should be sprinkled in short rows over the ground and covered with a small amount of soil about $\frac{1}{4}$” deep. It takes about 5-10 days for the seedlings to sprout. A mustard seed is very small—b ut 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.

“If you have faith as small as a mustard seed…nothing will be impossible for you”
Luke 17