



earth day salad bowls

Written on April 22, 2011 at 9:59 am, by [Denny Schrock](#)

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Lettuce, kale, chives, and pansies make a colorful and edible garden accent.

Why not celebrate Earth Day by jumping on the grow-your-own-veggies bandwagon? Colorful salad bowls are a great way to grow your own produce in a limited amount of space. And they can be far more than strictly utilitarian. Combine salad greens with edible flowers and herbs for a showy and tasty mix.

The folks at [PanAmerican Seed](#) and [BallHort](#) have made creating your own salad bowl a snap with their new [SimplySalad](#) seed pellets. Each pellet contains a mix of several edible greens. Global Gourmet provides Asian flair with lacy red and green [mustards](#) paired with lettuces of the same color. The Alfresco blend brings a Mediterranean vibe with [arugula](#), [endive](#), and [radicchio](#) combined with red and green [lettuces](#). And for the less adventuresome, the City Garden mix teams mild leaf lettuces in a variety of burgundy and green hues.

This photo shows the Global Gourmet salad mix in a container garden, along



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with Alfresco mix seed pellets in a vial attached to its store display card. By planting several salad bowls you can have a steady supply of greens for your dinner table. This bowl is ready to harvest. I'll simply cut the greens off a couple of inches above the ground. In about 3 weeks, they should be ready to harvest again. I expect to get several cycles of harvest from the bowl before summer's heat puts an end to the harvest. A bonus with growing the greens in a bowl: I can move the container to the shade when temperatures heat up, extending the harvest season. And I'll be sure to plant some more pellets in mid-summer for fall harvest. By then, I'll have lots of [tomatoes](#) and [peppers](#) from my garden to add to the salads!



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