



Salsify Planting Guide

About Salsify

Salsify is a hardy, biennial, cool season root vegetable eaten raw in salads or cooked into soups, stews, and stir-fries. The entire plant is edible, making it a popular garden necessity. Salsify is often referred to as a "vegetable oyster" or "oyster plant" due to its oyster-like taste.

When to Plant

Sow salsify as early as 2 weeks before the last expected frost in spring when the soil temperature has reached about 40 degrees F. In mild winter regions, sow salsify in early autumn for a winter harvest. Salsify requires 120-150 days to reach harvest and is best when it comes to maturity in cool weather.

Where to Plant

Salsify prefers deep, well-drained soil and full sun. It's not a good choice for container growing, as its roots grow very deep. The ideal temperature for germination is 40-60 degrees F. Be sure to shade plants during high temperatures to maintain tenderness and taste.

How to Plant

Loosen soil down to 18" so that roots will have nice, loose soil to stretch out into. Add compost or rich organic material. Plant 3 seeds every 3-6" and cover with no more than 1" soil. Seeds should germinate in about a week but can take up to three weeks to sprout. Once plants are established, thin seedlings to one plant every 3-6".

Caring for Salsify

Keep salsify evenly moist to prevent the roots from getting stringy. Side dress salsify with compost around mid season. Keep planting beds weed-free by mulching planting beds with 1-2' of straw if the harvest is planned after the onset of freezing weather. Salsify roots grow to about 12", after 120-150 days, when they are ready for harvest. Lift the plant whole by hand or with a spading fork, being very careful not to break roots. The longer salsify is in the ground, the less it will taste like oysters.