FOOD

# 10 Incredible Seeds to Sow for Food in less than a Month

By bestfolkmedicine · 09/02/2022 · 3 min read



*Gardening is a combo of plenty of patience and time. To create the garden we've imagined, these are the key ingredients. But, there are gardeners who're impatient and would like to see at least some result ASAP.*

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*With this in mind, if you're looking for a quick harvest, there are seeds you can sow for food in less than 30 days. And, we'll also show other methods to get the foods on the table in only a couple of weeks.*

*To start this process, you'll need seeds, pots, and soil.*

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## 10 Incredible Seeds You Can Sow for Food in less than a Month

Starting several edibles on your kitchen windowsills is easy and doesn't require a lot of experience. Despite being an easy task, there are several things that need to be considered.

Here are the most important ones:

- *Choose the right spot (a window on the south;  east and a west one also work well)*
- *A hotbed or a protected cold frame is also a good option*
- *Germination happens when you do all the things right (warmth, water, oxygen)*
- *If possible, water them with rainwater*
- *Choose the right fast-growing seeds*

Here are the ten best fast-growing seeds:

- **Cress**

Sow the seeds today and expect the harvest in a week or two.

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Cress is low in calories and abundant in vitamins A and C and some other amazing nutrients.

It boasts a lovely peppery taste and it's a must for sandwiches and salads.

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- **Lettuce**

Choose cut-and-come-again varieties if you're looking for a fast-growing crop. You can collect the leaves and new ones will appear soon.

You can harvest it over a longer period of time. Expect to do it in as quick as a month and then continue the harvest for the upcoming months.

- **Mizuna**

This Asian green is worth it and it’s a rewarding cut-and-come-again crop.

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It’s a peppery leaf veggie from Brassica. You can take the young leaves a few times from a plant as soon as four weeks after the seed sowing.

- **Mustard greens**

This Brassica crop will reward you again and again and expect harvests as little as four weeks after the planting.

You can pick between numerous varieties, including the green leaf options, the red/purple varieties, etc.

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Their peppery and yummy leaves are a great addition to any diet.

- **Baby spinach**

Spinach is healthy and yummy and its mild and pleasant flavor pairs so well with a variety of dishes.

Expect small quantities of fresh spinach from four-weeks time.

- **Chard**

This green leafy is awesome for windowsills or gardens. After cutting, it will come back. Though it won’t be very big after a month from sowing, you can harvest it in small amounts early in the growth period.

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- **Beet greens**

Baby beets that you sow now will be ready for harvest in several months. Though it’s not as fast as some other seeds, it’s still worth it!

- **Radishes**

Expect to collect your crunchy radishes in as few as four to six weeks after the sowing. Sow a couple little and often to ensure a steady supply of salad throughout the whole season!

- **Turnips**

Smaller varieties can be ready for harvest in a period of four to six weeks after the sowing. There are awesome options to choose from.

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Don’t just collect the tiny roots, but also the leaves as they can be used for food as any other leaves of brassicas!

- **Arugula**

Rocket or arugula is a leafy green that provides a fast harvest; expect it some four weeks after the sowing. It’s a flavor-rich and peppery leaf veggie that grows abundantly and adapts to various settings.

Sources:

RURAL SPROUT

BALCONY GARDEN WEB

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