

Beetroot

Suggested varieties: *Boltardy, Moneta, Red Ace*

Vegetable

PLANT



Sow seed 0.5cm deep in rows 20-30cm apart. Thin seedlings to 7-13cm apart. Use bolt resistant cultivars for early sowings. Can be sown in pots and transplanted

GROW



Water every two weeks in dry weather for steady growth. Too much water promotes excess foliage; too little produces woody roots and poor yield

EAT



Start lifting roots when still quite small, eating these thinnings and leaving other plants to grow on. Twist off the leaves rather than cutting

Growing guide

Easy!

Average time to harvest

8-12 weeks

Equipment needed

None

Germination time

10-14 days

Average plant size

30cm tall, 10cm wide

Family group to grow with

Chenopodiaceae: leaf beet

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		🌱	🌱	🌱	🌱						
		🌱				🌱	🌱	🌱	🌱		

🟡 Sow indoors

🟠 Sow outdoors

🟤 Plant out/transplant

🟡 Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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