

# Beetroot

Vegetable



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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