

Courgette and Marrow

Vegetable



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Suggested varieties: *Defender F1*; *Tiger Cross F1*

PLANT



Sow seed in pots, 1.5cm deep on their side. Harden off and transplant 60-90cm apart. Choose fertile soil and sunny sheltered site

GROW



Mulch to conserve moisture. Protect from slugs. Pinch out growing tips of trailing stems when 60cm long. Put marrows on a tile to stop rotting

EAT



Cut (not pull) 10cm long courgettes and 20cm marrows (leave marrows longer to produce a tougher skin if storing). Keep picking for more fruit. Flowers are edible

Growing guide

Easy!

Average time to harvest

10-14 weeks

Equipment needed

Mulch (eg compost), tiles

Germination time

5-8 days

Average plant size

45cm tall, 120cm wide

Family group to grow with

Cucurbits: pumpkin, squashes

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Courgettes: vitamin C, folate

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