

# Leek

Vegetable



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Suggested varieties: *Atlanta, Pandora, Siegfried, Swiss Giant Zermatt*

## Vegetable

### PLANT



Sow seed 1cm deep in a seedbed. Transplant seedlings when 20cm tall at 15-30cm apart, trimming leaf-tips and roots. Drop into 15cm deep holes made with a dibber

### GROW



Water to settle plants; don't fill planting holes with soil. Carefully remove weeds. Pull soil around stems when plants are larger to further exclude light ('blanch')

### EAT



Start lifting plants when still quite small to prolong the harvest period. Lift remaining plants as required during winter. Loosen with a fork before lifting

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

### Growing guide

Give it a go...

### Average time to harvest

35 weeks

### Equipment needed

Dibber

### Germination time

14-18 days

### Average plant size

45cm tall, 20cm wide

### Family group to grow with

Alliaceae: garlic, shallot

### Seed saving group

4 - Biennial, needs isolation

### Key nutritional content

Folate, vitamin C

2.5cm = 1 inch   30 cm = 1 foot