

Seakale



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Suggested varieties: *Lillywhite*

Vegetable

PLANT



Sow seed 1cm deep in pots or seedbed. Rub seed with sandpaper first to speed up germination. Transplant seedlings when 10cm tall at 45x45cm apart

GROW



Water until established. Remove weeds and protect from slugs. Mulch yearly with a thin layer of compost over the soil surface. Remove yellowing leaves

EAT



Cover plants with an upturned bucket in spring to exclude light. Pale coloured ('blanched') shoots will sprout; cut when 10-20cm long. Stop cutting in May and let plants grow

Growing guide

Give it a go...

Average time to harvest

24 months (will crop for 7 years)

Equipment needed

Bucket, mulch (eg compost)

Germination time

10-20 days

Average plant size

60cm tall and wide

Family group to grow with

None (long term crop)

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

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