

Calabrese

Suggested varieties: *Belstar FI, Fiesta FI, Green Sprouting, Waltham*

Vegetable

PLANT



Sow seed 0.5cm deep in small pots or seedbed. Transplant 45x60cm apart in fertile soil when 10cm tall. Plant so the bottom leaves touch the soil, firming well

GROW



Water in prolonged dry weather. Mulch to conserve moisture. Plants are top-heavy so stake and pull soil around stems ('earth-up')

EAT



Cut or snap off heads ('spears') when 10-20cm long, before flowers open. Start with the central spear to encourage branching. Cut regularly

Growing guide

Give it a go...

Average time to harvest

12 weeks

Equipment needed

Stakes, twine

Germination time

7-12 days

Average plant size

90cm tall, 60cm wide

Family group to grow with

Brassica: Brussels sprouts, rocket

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C, vitamin A

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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