

Chicory

Suggested varieties: *Palla Rossa*, *Sugar Loaf* (hearting); *Dura Witloof* (for forcing)

Vegetable

PLANT



Sow seed 1cm deep in pots or rows 15-30cm apart. Thin or transplant seedlings to 15-20cm apart. Choose fertile soil and sunny site

GROW



Water in dry weather. Dig up Witloof chicory in autumn to produce 'forced' pale coloured shoots (cut off the leaves, plant roots in wide pots; put in a cool dark place)

EAT



Cut 'hearts' of compact leaves when firm (red and sugar loaf hearting); cut 'forced' shoots of Witloof chicory in winter. Can pick seedling leaves all year

Growing guide

Give it a go...

Average time to harvest

20-30 weeks

Equipment needed

Wide pots (eg 20cm)

Germination time

7-14 days

Average plant size

15-20cm tall and wide

Family group to grow with

Asteraceae: lettuce, salsify

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

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