

Leaf Beet

Suggested varieties: *Rainbow Chard, Swiss Chard, Perpetual Spinach*

Vegetable

PLANT



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

GROW



Water in dry weather for steady growth. Mulch to conserve moisture. Boost growth with a general organic fertiliser if needed

EAT



Cut off outer leaves when big enough to use. Can also use younger seedling leaves when 10cm high (cutting to 2.5cm; plants will regrow several times)

Growing guide

Easy!

Average time to harvest

8-12 weeks

Equipment needed

Mulch (eg compost)

Germination time

10-14 days

Average plant size

60cm tall, 30cm wide

Family group to grow with

Chenopodiaceae: spinach

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Vitamins A and C, folate, iron

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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