

# Seakale

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

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