

Sweetcorn

Suggested varieties: *Double Standard, Sweetie, Sweet Nugget F1*

Vegetable

PLANT



Sow seed in pots 1.5cm deep. Harden off and transplant 30-45cm apart in blocks of at least four plants for good wind pollination. Choose fertile soil in sunny sheltered site

GROW



Avoid damaging shallow roots when weeding. Mulch to conserve moisture. Water in dry weather after flowering starts and cobs swell. Feed with an organic fertiliser

EAT



Press thumbnail in a grain after 'silks' turn brown - milky juice means it is ripe. Twist off cob. Serve quickly as sweetness diminishes. Plants have one to two 15-20cm long cobs each

Growing guide

Give it a go...

Average time to harvest

12-15 weeks

Equipment needed

Mulch (eg compost)

Germination time

10-12 days

Average plant size

120-180cm tall, 45cm wide

Family group to grow with

Miscellaneous

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Folate and 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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