

# Borage

Suggested varieties: *Borago officinalis* (botanical name)

## Edible Flowers

### PLANT



**Sow seed 0.5cm deep in rows (or scatter seed and rake in). Thin seedlings to 45cm apart. Avoid transplanting as plants dislike disturbance to tap root. Choose sunny site**

### GROW



**Water in prolonged dry weather. Remove weeds. Tall stems may need staking (often when in more fertile soil). Will readily self-seed (grow by itself next year)**

### EAT



**Pick flowers just after they open fully. Keep picking for more flowers. Can also pick young fresh leaves, but skin contact with leaves may irritate**

### Growing guide

Easy!

### Average time to harvest

From 8 weeks

### Equipment needed

Stakes

### Germination time

10-20 days

### Average plant size

60cm tall and wide

### Family group to grow with

Miscellaneous

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Vitamin C, calcium and 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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