

# Marigold, French

Edible Flowers

Suggested varieties: *French Dwarf Double Mixed*

PLANT



Sow seed 0.5cm deep in pots and transplant seedlings when growing strongly to 20cm apart. Choose sunny site and fertile soil

GROW



Water in prolonged dry weather. Remove seed heads. Plants can deter garden pests, eg 'whitefly' from indoor tomatoes if planted underneath. Leaves are aromatic

EAT



Pick flowers just after they open, removing whiter part from petal where attached to flower (can be bitter). Keep picking to encourage more flowers. Young leaves are edible

## Growing guide

Easy!

## Average time to harvest

From 8 weeks

## Equipment needed

None

## Germination time

7-14 days

## Average plant size

15-30cm tall and wide

## Family group to grow with

*Asteraceae: lettuce, chicory*

## Seed saving group

2 - Annual, can cross-pollinate

## Key nutritional content

Low calorie complement

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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