



Grow Your Own - Beetroot

Growing beetroot is one of the easiest things to do and it's one of our most underestimated vegetables. It is so versatile, it can be used in soups, cakes and roasted or grated onto salads.

People think you can only eat the root, but you can eat the leaves in a mixed leaf salad.

You will need:

A packet of Beetroot seeds (there are many varieties to choose from), gloves, clear polythene bag

Large pot, Enriched potting compost

Plant labels – make your own

Method: (Please read seed pack carefully)

1. If planting outside, Sow one seed every 10cm or one seed in a large pot
2. Cover the seeds with a 2cm layer of compost and water.
3. Keep the compost evenly moist – little and often is the best way. Cover if outside to give seeds a good start.
4. Seeds should germinate within 14 days
5. Once the 3rd and 4th leaves appear then you can start to thin out the ones you don't need. (The leaves have a slightly red tinge to them so you should see them against any weed seeds)
6. Water once a week when it's dry as this vegetable hates to dry out
7. Most types are ready to harvest in 8-10 weeks
8. When harvesting beetroot, grasp the foliage firmly where it meets the top of the root and pull. Beetroot is better harvested too early rather than too late – younger roots are more tender. Pull roots the size of a cricket ball or smaller and store only those that are undamaged. After lifting, twist off foliage about 5cm from root, leaving short stalks.
9. Wash beetroot gently in cold water, leaving on the long root and taking care not to pierce the skin.

Sow: March - June

Harvest: July - September

