

# Beetroot



## Method:

Sow direct

## When:

Spring, summer and autumn

## Hardiness / Life Cycle:

Hardy Biennial (usually grown as an Annual)

## Germination:

5-10 days at 10-30°C

Beetroot, also known as Beta vulgaris is the taproot portion of the beet plant. It is often dark red with a globe shaped root. Its size ranges from 3.8-7.6 cm (1.5-3 in) in diameter.

- Can be used medicinally
- Potential as a food colouring
- Sweet in flavour

They are sweet in flavour and is good for boiling, pickling, baking and even raw. Its sweet flavour comes from a high sugar content, however it is a rich source of vitamins B6 and B9 and minerals such as iron, magnesium and potassium. Leaves are also edible, and fresh ones taste like spinach.



**Sowing Depth:**

**15 mm**



**Plant Spacing:**

**10 cm**



**Row Spacing:**

**50 cm**



**Position:**

Full sun, moist well drained soil

**Days to Maturity/**

45-65 days

**Flowering:**