

Method: Sow direct

When:

Spring, summer and

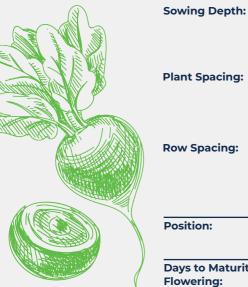
Hardiness / Life Cvcle: Hardy Biennial (usually grown as

**Germination:** 5-10 days at 10-30°C

Beetroot, also known as Beta vulgaris is the taproot portion of the beet plant. It's 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 are good for boiling, pickling, baking and even raw. Its sweet flavour comes from a high sugar content, but 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.



15 mm **Plant Spacing:** 10 cm **Row Spacing:** 50 cm

Position: Full sun, moist well drained soil

Days to Maturity/ Flowering:

45-65 days