

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'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.



Sowing Depth:

15 mm



Plant Spacing:

10 cm



Row Spacing:

50 cm



Position:

Full sun, moist well drained soil

**Days to Maturity/
Flowering:**

45-65 days