

# Future Garden GROWING BEETROOT

## BEETROOT

Beetroot is a superfood, packed with essential nutrients. They help to improve blood flow, lower blood pressure and increase performance levels during exercise.

Vitamin B9

Vitamin C

Potassium

Iron

## WHEN:

Plant

March - July

Harvest

June - October

## WHAT YOU NEED:

Beetroot seeds

Compost (multi-purpose)

Weeding Knife

## ENJOY:

Boltardy

Soup/ Salad

Detroit

Salads

Rainbow

Salads



### 1 Sow

Beetroot perform best sown directly in the ground. Prepare beds with fertile, well drained soil.

Sow seeds 10cm apart, 2.5cm deep and in rows 30cm apart.



### 2 Grow

When they reach 2.5cm tall, thin out the leaves one every 10cm.

Harvest the beetroots when they're big enough. As a guide, beetroot are tender and sweet when they reach the size of a golf ball.

When harvesting, gently pull the beetroot stem from the base.



### 3 Care

Throughout dry spells, water every 10-14 days.

Use a weeding knife to keep the soil weed free of unwanted growth.

If they're not growing well, apply some high nitrogen fertiliser by watering it in.