

Rocket

Suggested varieties: *Ruola*, *Wild Rocket*

Vegetable

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin or transplant to 15cm apart. Avoid summer sowings as plants tend to flower early ('bolt'). Choose partially shaded site

GROW



Keep soil moist for continuous growth. Protect from slugs. Grow early and late crops under cloches, horticultural fleece or in a greenhouse

EAT



Cut leaves when plants are 5-10cm tall. Cut regularly to encourage new growth of young tender leaves (plants regrow many times)

Growing guide

Easy!

Average time to harvest

From 4 weeks

Equipment needed

Horticultural fleece

Germination time

4-8 days

Average plant size

10cm tall, 5cm wide

Family group to grow with

Brassica: *calabrese*, *cauliflower*

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Calcium, vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
	■	■	■	■	■			■	■		
	■							■		■	

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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