

Salsify and Scorzonera

Vegetable

Suggested varieties: *Mammoth*; *Russian Giant*

PLANT



Sow seed 1cm deep, three seeds every 15cm. Thin to leave the strongest plant. Rows 20-30cm apart. Choose deep soil for longer roots

GROW



Water in dry weather for steady growth. Carefully remove weeds by hand, avoiding damage to roots or they may divide ('fork')

EAT



Dig up as needed from autumn. Can leave in the soil over winter until spring. Dig up carefully as roots are easily broken. Young spring shoots are also edible

Growing guide

Easy!

Average time to harvest

From 20 weeks

Equipment needed

None

Germination time

12-16 days

Average plant size

30cm tall, 10cm wide

Family group to grow with

Asteraceae: lettuce, chicory

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Fibre, 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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