



Regularly sow seed 0.1 cm deep in rows, thinning seedlings to 25cm apart. Plants dislike being transplanted. Choose moist fertile soil in sunny site



- Water in dry weather to help avoid plants flowering prematurely ('bolting'). Feed in summer. Don't plant near fennel as may cross-pollinate (offspring lose distinct flavour)
- Pick young leaves for use fresh or drying, cutting back taller plants to 30cm tall. Gather aromatic seeds as they ripen in summer (seedheads turn brown)

Spring Term			Summer Term					Autumn/Winter Term			
J	F	Μ	Α	Μ	J	J	A	S	0	Ν	D
Sow indoors		Sow outdoors			Plant out/transplant			Harvest		Use cloche	



2 - Annual, can cross-pollinate

Key nutritional content Fresh: calcium, vit. A, vit. C, iron folate





