

Sorrel

Suggested species: *Rumex acetosa* (Broad leaved); *Rumex scutatus* (Buckler leaf)

Herbs

PLANT



Sow seed 0.1cm deep in pots or rows. Thin or transplant seedlings to 30cm apart. Can also dig up and split established plants in autumn. Choose fertile soil in partial shade

GROW



Mulch in summer to keep soil cooler in summer (for less bitter leaves). Remove flower spikes to prolong leaf production. Protect with horticultural fleece for winter supply

EAT



Pick young leaves before flowering for use fresh or freezing. Plants crop year after year. Dig up and split every one to three years for the best leaves

Growing guide

Easy!

Average growing period

From 12 weeks

Equipment needed

Horticultural fleece

Germination time

10-20 days

Average plant size

45cm tall, 60cm wide

Family group to grow with

Miscellaneous

Seed saving group

2 - (Perennial, can cross-pollinate)

Key nutritional content

Raw: vitamin C, iron

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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