

Beetroot

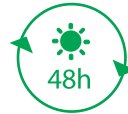


Description

Beetroot, whether round or elongated, red or white depending on the variety, can be eaten boiled, stewed, baked, raw or grated!

Its taste may vary in intensity, but its sweetness remains the hallmark of this vegetable.

Watering



Water regularly to keep the soil moist, but do not over-water to prevent the roots from bursting.

Sowing

1



Sow in rows: dig furrows 2 cm deep, 30 cm apart. Place seeds and cover with soil. Water in fine rain.

2



As soon as 3-4 leaves appear, keep only the most vigorous plants.

Harvest



Harvesting takes place around 3 months after sowing, as and when required.

Beetroots should be of a reasonable size: about 5 cm in diameter and 20 cm long. Remove the plants and leave to dry on the ground for a few days.

Maintenance

Weeding and hoe regularly.

Mulching will reduce the frequency of watering.

Tips

A number of plants can be combined with beetroots to protect them from pests and ensure their growth: aromatics such as dill and coriander, as well as lettuce, beans and onions, and flowers such as marigold and nasturtium.

Companion plants ✓



To avoid ✗

