

# Cardoon



## Description

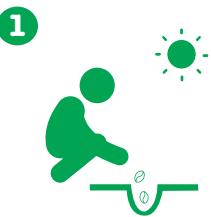
Cardoon, this ancient vegetable, can be recognized by its size in the vegetable garden. Cardoons can grow up to 1.5 m tall, and can cast a long shadow over neighboring plants, so be careful which varieties you sow nearby.

## Watering

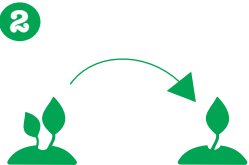


Water regularly to keep the soil moist.

## Sowing



1 Sow in a small hole about 25 cm deep. Place 3 seeds, spacing them well apart. Cover with potting soil. Water in fine rain.



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

## Maintenance

Mulch to keep fruit fresh and protect it from contact with the ground.

Weeding regularly.

About 3 weeks before harvesting, cardoons should be blanched. Remove any damaged leaves. Tie the remaining leaves together with string. Wrap and tie with thick cardboard or paper. Create a mound of earth at the foot of the plant.

## Harvest



Harvesting takes place 5 to 6 months after sowing.

## Tips

A number of plants can be combined with cardoons to protect them from pests and ensure their growth: lettuce, radish, spinach and lamb's lettuce.

Companion plants ✓



To avoid ✗

