

# Chicory



## Description

This variety of chicory, belonging to the Asteraceae family, has a very pronounced bitter taste.

Eaten as a salad, chicory is very crunchy!

Sowing this lettuce is a simple, annual operation.

## Watering



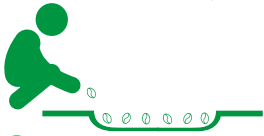
Water regularly but sparingly to keep the soil moist.

## Sowing

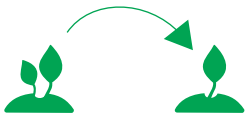
1



Sow in rows: dig furrows 1 to 2 cm deep, 25 cm apart. Place seeds and cover with soil. Water in fine rain.



2



As soon as 4-5 leaves appear, keep only the most vigorous plants.

## Maintenance

Weeding and hoe regularly to limit weeds. If the presence of snails or slugs is too great, a net can be installed.

To reduce the vegetable's natural bitterness, it can be blanched. Straighten and tie leaves with raffia. Cover with a suitable support such as a flower pot or blanching bell. Leave to blanch for a week or even 10 days.

## Harvest



Harvesting takes place around 3 months after sowing.

Pick chicory as soon as it seems big enough, cutting directly at the crown.

## Tips

A number of plants can be combined with chicories to protect them from pests and ensure their growth: aromatics with dill, but also carrots, radishes, lettuce and flowers with marigold and nasturtium.

