

Leek

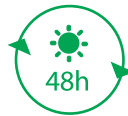


Description

In vinaigrettes, as a side dish, in quiche, in salads... leeks are at the heart of our dishes!

This leafy vegetable, enjoyed as a root vegetable, is eaten all year round for its antioxidant benefits and high potassium content.

Watering



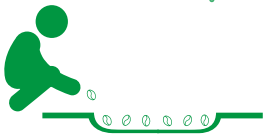
Water regularly during germination, then only during hot spells.

Sowing

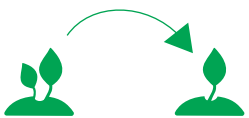
1



Sow in rows: dig furrows 1 to 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 to 4 months after sowing, as and when required.

Maintenance

Weeding and hoe regularly to limit weeds.

If the presence of snails or slugs is too great, a net can be installed.

Mulching will reduce the frequency of watering.

Tips

A number of plants can be combined with leeks to protect them from pests and ensure their growth: aromatics with dill, as well as tomatoes, carrots, onions and celery.

Companion plants ✓



To avoid ✗

