

# HOW TO GROW-BEETROOT

11, August,, 2020

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*Basic growing information-  
Annual edible*

- *Sun needs-full sun- part sun  
in mid. summer*
- *Temperature- below 25  
celsius, they're a cool season crop*
- *Sowing - from March till  
August*

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## SOWING BEETROOTS.

*Beetroot can be directly sown without cover from the start of May after all risk of frost till July time.*



*Planting out as early as March is possible, making sure to choose bolt resistant varieties for earlier sowings such as 'boltardy'. To sow beetroot early you have a few options you can either cover the soil with a cloche or fleece and warm the soil to sow direct or start indoors in cellular trays for transplanting out under cloches in March.*

*If you are wanting beetroot for winter storage, this will take 7-12 weeks to mature, depending on the type. So, for a final sowing, make sure to plant about 12 weeks before the first frost date, which would be the end of June into July. However, if you want younger beetroots, these can be harvested at any time as long as they are about 5 cm thick or more.*

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*Protect your beetroots from frost, if you sow them in August make sure nearer the end of the month and into September cover with a cloche or fleece if the temperature has dropped.*

*Beetroot seeds are clustered and more than one seedling will sprout from the seed, make sure that when thinning you snap the seed- not tug it out. Spacing depends on the type and if you are growing for mature or baby beets. Mature spacing is 25 cm between rows.*

## BEETROOT PROBLEMS AND AFTER

### CARE

*There are a few varieties of beetroot that are bolt-resistant. However, with being aware of what may trigger that happening to your plants you can reduce the chances of that occurring. Bolting is the plant's natural response to stress due to environmental conditions, normally these are due to day*

*length, temperature, wrong planting times, irregular water and feeding.*



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*causing certain hormones in the plants to spike. With beetroot and a large number of other vegetables we grow they are cool season and do not enjoy temperatures reaching the mid twenty celsius mark. Early / late sowings are better for beetroots then they can be exposed to a more prolonged period of cold combined with more stable moisture conditions in the soil.*


*Sowings during the summer can be cared for accurately by making sure they are watered and fed well, mulched, and spaced correctly.*

*make sure to keep beetroot well watered and that it won't dry out, it helps that once or twice a week to give the plants a soaking in -depending on the weather and your soil conditions.*

*Feeding, feed while growing a good multipurpose feed and ensure that it gets enough boron. If beetroot lacks in boron it will be very slow growing and seems to stick in the seedling stage.*

## HOW TO GROW BEETROOT IN CONTAINERS

*Growing beetroot in containers is possible, all you have to make sure of is that it is a large enough container filled with the right growing medium. A loam based compost with extra organic matter mixed in, such as garden compost, leaf mould or manure is ideal.*



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*Choose the right variety, in a container it might be best to choose a bolt resistant variety as it can be slightly more challenging to keep the moisture and temperature steady. Applying a good mulch such as straw or the organic matter will help to preserve that though.*

*Position it in an area that gets a good amount of sun though sheltered from the hot midday summer sun to help reduce temperature fluctuations.*

## STORAGE AND HARVESTING.

*Mature beetroots can be left in the ground and covered with cloche or*



*fleece however, the only issue with that is the roots can become 'woody'*

*And inedible if left in too long.*

*Harvest as soon as they reach maturity, twist off the leaves don't cut - this reduces bleeding and then store in a*

*cool dark place stored in wet sand ideally. Otherwise just clean straw in a box. They store for 5-6 months in cool conditions*

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## VARIETIES TO TRY

### Bolt resistant, early beetroots

- *Boltardy*
- *Moneta*
- *Crosby's egyptian*
- *kestrel*

### Non - bleeding types

*Choose any white or golden beetroot types, these won't bleed and choigga won't either.*

### Good maturing beetroots that don't become woody.

- *Wodan f1*
- *Kestrel*
- *Pablo*