

HOW TO GROW GREAT ROOT VEGETABLES

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While root vegetables can be tricky to grow, they are very rewarding and satisfying when you learn how to. We hope this guide can help you on your way to perfect roots.

1. Get the timing right

Most root vegetables will grow in the cooler seasons. This is because, the

prolonged cool period is ideal for long growing veggie roots to mature without risk of bolting, drying out or being rushed to mature. There are a few roots like beetroot, radish, carrots and turnips that grow well in hotter summer weather.



2. Sowing, thinning correctly

This is important because root vegetables hate root disturbance. So direct sowing is the best way forward.

Thin your seedlings out, make sure they have plenty of room to grow with the correct spacings between.

3. The right ground preparation is key.

No matter what you are growing, this is arguably the most important step in your garden. The easiest way to have control over your soil is to grow in a raised bed or deep planter such as a 50l bucket or something similar. To prepare your ground in the garden to make growing root veggies easier, make sure to mulch well each year to improve your soil. If it's heavy soil then mulching will help - with garden compost or manure. Even the addition of grit, if needed, although not recommended in open ground. Here is a guide to help you with ground prep.



4. Choosing the best spot

Full sun ! Root vegetables love full sun with plenty of airflow and nutrients in the soil.

5. Choose the right varieties for you and your garden

When looking for seed types think about -

- *What time of year are you growing? Is it early in the year when temperatures fluctuate then choose bolt-resistant*
- *For summer growing choose quick growing varieties*
- *Winter growing ? long season slow maturing and frost hardy.*

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