

Beetroot

Beta vulgaris · *Amaranth* family

DIFFICULTY Easy
TYPE Biennial, grown as annual, direct sown
MATURITY 50–70 days



SUN
Full-part sun



WATER
Consistent



SOIL PH
6.0–7.0



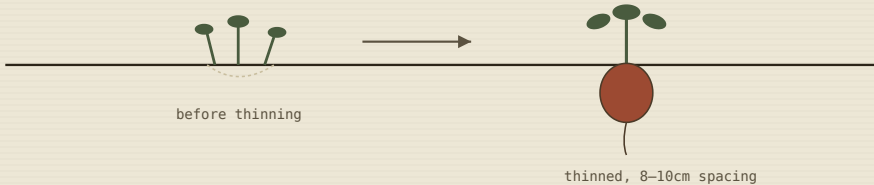
SPACING
8–10cm × 30cm



DEPTH
1–2cm

01 Thinning

Each beetroot "seed" is actually a dried cluster containing several true seeds, so multiple seedlings sprout from one spot. Thin to the strongest seedling per cluster at 5cm tall, or roots will crowd and stay small.



02 Planting

METHOD	Direct sow 1–2cm deep; each cluster produces several seedlings needing thinning.
SOIL	Loose, stone-free, fine tilth. Compacted or stony soil causes forked, misshapen roots.
TIMING	Sow from early spring through late summer for successive harvests.

04 Problems

- **Leaf miner** — pale tunnels in leaves; remove affected leaves, net young plants.
- **Boron deficiency** — internal black spot; feed compost or seaweed tonic.
- **Bolting** — premature flowering from a cold snap; sow once frost risk has passed.
- **Scab** — corky patches from dry, alkaline soil; water evenly, keep pH near neutral.

03 Growing care

- Thin to the strongest seedling per cluster at 5cm tall, 8–10cm apart.
- Keep soil evenly moist — inconsistent watering causes woody, ringed roots.
- Side-dress lightly with compost at 3–4 weeks; avoid excess nitrogen.
- Mulch to conserve moisture around the shallow root zone.

05 Harvest & storage

SIGNS	Roots reach 4–6cm across (golf to tennis ball). Pull baby beets earlier if preferred.
METHOD	Loosen soil, then pull gently by the leaves close to the crown.
CURING	Twist tops off 2cm above the crown — cutting causes bleeding. No curing needed.
STORAGE	Roots keep 2–3 months cool and humid (fridge crisper or damp sand). Use leaves within days.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
Onion Garlic Brassicas	Pole beans	Avoid following spinach or chard (same family) for 2 years. Rotate well with legumes and brassicas.
Lettuce Bush beans		