

# Kohl Rabi

Suggested varieties: *Azur Star, Noriko, Olivia F1*

Vegetable

PLANT



Regularly sow seed 1cm deep in pots or rows. Thin or transplant seedlings to 15-30cm apart. Choose fertile soil and sunny site

GROW



Water in dry weather for steady growth. Too little water produces woody flesh. Boost growth with a general organic fertiliser if needed

EAT



Dig up swollen base stems when still small (golf ball to tennis ball size). Check often as plants mature quickly. Leaves are also edible

## Growing guide

Easy!

## Average time to harvest

8-12 weeks

## Equipment needed

None

## Germination time

10 days

## Average plant size

30cm tall, 20cm wide

## Family group to grow with

*Brassica: cabbage, radish*

## Seed saving group

4 - Biennial, needs isolation

## Key nutritional content

Vitamin C, folate

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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