

Leek

Suggested varieties: *Atlanta, Pandora, Siegfried, Swiss Giant Zermatt*

Vegetable

PLANT



Sow seed 1cm deep in a seedbed. Transplant seedlings when 20cm tall at 15-30cm apart, trimming leaf-tips and roots. Drop into 15cm deep holes made with a dibber

GROW



Water to settle plants; don't fill planting holes with soil. Carefully remove weeds. Pull soil around stems when plants are larger to further exclude light ('blanch')

EAT



Start lifting plants when still quite small to prolong the harvest period. Lift remaining plants as required during winter. Loosen with a fork before lifting

Growing guide

Give it a go...

Average time to harvest

35 weeks

Equipment needed

Dibber

Germination time

14-18 days

Average plant size

45cm tall, 20cm wide

Family group to grow with

Alliaceae: garlic, shallot

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Folate, vitamin C

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

www.gardenorganic.org.uk

Leek

Vegetable

