

Artichoke, Globe

Suggested varieties: *Green Globe*, *Purple Globe Romanesco*

Vegetable

PLANT



Sow seed 1cm deep in pots and transplant, or plant 'rooted offsets' 5cm deep. Space plants 90cm apart. Choose fertile soil in sunny sheltered site

GROW



Water in prolonged dry weather. Mulch to conserve moisture. Protect roots in colder areas with straw. Replace plants every three years for the best harvests

EAT



Cut 'plump' flower heads with short stems when the scales are still soft, green and tight. Side shoots may produce a smaller second crop

Growing guide

Give it a go...

Average time to harvest

18 months

Equipment needed

Mulch (eg compost), straw

Germination time

7-14 days

Average plant size

120cm tall, 90cm wide

Family group to grow with

None (long term crop)

Seed saving group

5 - Specialist or not applicable

Key nutritional content

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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