

URBAN FARMER

LOVE THE EARTH

From Seed to Harvest: A beginner's guide to growing beets

Beets are a unique root vegetable edible for both its bulb and green tops. The vegetable is a biennial, which means they flower and seed in their second year of growth, but beets are typically grown as an annual. This vegetable's growing seasons are early spring to early summer or late summer to late fall, as it prefers cooler weather. Beets come in a popular red hue, as well as gold, striped and white varieties.

To plant:

Plant beet seeds in rows, with rows spaced 1 to 1 ½ feet apart. Thin seedlings to 2 inches apart. Plant the seeds a half-inch deep and 1 to 2 inches apart. For an early crop, plant seeds in March. For the fall crop, plant seeds from June to September. Beets do not grow well in clay soils. To provide continuous beet harvest, plant the seeds in various locations with a three-week time difference.

To grow:

Beets should sprout 7 to 14 days after planting. Add an organic mulch of grass clippings or shredded leaves around the beets. Since beets consist of mostly water, the plant requires adequate watering to grow. Water beets at least an inch weekly if rain doesn't supply enough moisture. Water slowly to permeate the soil and reach the root. Apply some high-nitrogen fertilizer six weeks after planting.

To harvest:

Beets are ready to harvest when their roots are the size of a golf ball, typically 50 to 70 days after planting. Harvesting time depends on the gardener's preference, but larger bulbs will have a tougher texture. Clip the tops off the beets and enjoy the greens, as well. The greens hold more nutrients than the



[Chioggia Beet seeds](#)
[available at ufseeds.com](#)

bulb. Beet greens are best harvested when the beet root is still young. When harvesting the bulb, leave some stem on the roots to avoid bleeding. Harvest the root by digging or pulling the plant from the ground.

What beets crave:

Beets crave full sun and loose, moist soil to produce the best crop. Beets grow best in soil with a pH of 6.0 to 7.0. Though beets can grow in partial shade, their roots may run into tree roots, so plant in deep soil.

Where to buy beet seeds:

Urban Farmer sells a wide variety of beet species and colors. Check out our website at [ufseeds.com!](http://ufseeds.com)



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