

Beet
“Chioggia” Variety (pronounce Kee-OH-gya)
PLANTING GUIDE
Originated from Italy (near Venice)

****IMPORTANT** To hasten germination, soak seeds in water for 8-24 hours before planting!!**

HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** Tall plants can create afternoon shade. How can we plant so that both veggie types receive good sun? Divide your plot in half. Plant the tall veggies on the north side of your plot if possible. Beet leaves can reach 6”, but we recommend harvesting when leaves are 2” (see below). In other words, beets are not tall.
3. **Row spacing.** Most plots will accommodate 2-3 rows of beets. Space rows 12” apart. Consider where your rows will be relative to the drip irrigation lines, which should be arranged to provide even watering.
4. **Hole spacing.** Space holes every 4”
5. **Seed depth.** Use popsicle stick to gently make a 1/2” deep hole
6. **Seeds per hole.** Add 1 seed per hole. Cover with soil.
7. **Mark your hole.** Place a craft stick NEXT TO each seed grouping (do not place sticks directly on top of seeds). Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
8. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
9. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in 5-21 days.
2. **Thin seedlings** (once 2” tall) to 1 every 4”
3. **Observe your plants regularly.**
4. **Insects.** Look for insects that might munch on the leaves!

HARVEST:

- ~ 48 days (Chioggia Beet) post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- Greens and root can be eaten! Harvest when roots are 1-3” in diameter. Do not let them get too big; the smaller they are, the more tender. Greens are actually more nutritious than root – begin harvesting at 2”. You can take as much as one third of a beet plant’s outer leaves without harming the root.
- Harvest BEFORE hard frost (or cover).

<https://www.youtube.com/watch?v=dLVWXL-N7gY> - SHORT VIDEO ON HOW TO HARVEST BEET GREENS!