



ABOUT SILVERBEET

Silverbeet must be one of the easiest vegetables to grow. It can be planted all year round in many parts of New Zealand and it seems (in my experience) relatively unaffected by disease and insect attack.

It can be susceptible to mildew, leaf spot and leaf miner but these can be well controlled with vigilance, generous feeding and watering in hot weather. Silverbeet seed can be planted directly in the ground or in a seedling tray.

There are many different varieties of silverbeet including "Swiss Chard" which produces stems in many different colours, including pink, crimson, gold and white. Sow from early spring into autumn when seedlings appear protect from slugs (if planted directly). Thin out if required.

GROWING TIPS

- i. Plant in full sun well drained soil
- ii. Dig in plenty of well-rotted compost into the soil
- iii. Lime soil one month before planting
- iv. Water generously during the hot summer months
- v. Pick leaves when large enough to use to encourage fresh growth but leave at least five leaves to help the plant regenerate.

ONES TO TRY

There are many varieties of Silverbeet. Why not try a few different varieties every year.

JIMS CHOICE - creamy coloured, plum shaped and very sweet

SWISS CHARD - a large, dark skinned variety

NZ SPINACH - popular for its abundance of sweet fruit

