



Silverbeet

Silverbeet grows best in full sun, or with light afternoon shade, in fertilised soil that holds moisture. When silverbeet sprouts, it only has two leaves which look like fat hearts on either side of the stem. Water every 2-3 days, and apply liquid feed regularly throughout the growing season. They generally take 8-12 weeks until the plant is large enough to begin harvesting the leaves.

Silverbeet is the ultimate pick and eat plant ... just take the leaves you need and the plant will keep producing more leaves. Leave behind at least 4-5 young leaves to keep the plant growing.

Leaves will last around 1-2 weeks after being cut and it's perfect for soups, pasta or sautéed as a side dish.

ERINDALE COMMUNITY GARDEN