

A close-up photograph of Sorrel leaves. The leaves are green with prominent, dark red or purple veins running through them. The leaves are slightly curled and have a serrated edge. The background is blurred, showing more of the same plant.

Sorrel

Choose a sunny or partially shaded spot with at least three hours of sun a day. Sorrel prefers moisture-retentive, fertile soil. Enrich with organic matter prior to planting.

It dislikes hot weather and is best grown in spring or autumn. Feed monthly with a liquid fertiliser and keep the soil from completely drying out.

Sorrel should be ready to harvest around 70 days after germination. Remove any flower spikes in order to prolong the season.

Pick the leaves once they are 8-10cm long, pinching them off the plant at the base. Younger leaves are best for salads as they don't cook well. They partner well with egg, salmon, avocado, quinoa and tomato.

ERINDALE COMMUNITY GARDEN