

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing chicory

Chicory is a great addition to any salad, and varieties include the more commonly known endive and radicchio. The leafy vegetable offers a nutty flavor to salads. Chicory is a cool-weather plant, tolerating the occasional frost.

### To plant:

Chicory seeds can be started indoors five to six weeks before they are moved outside to the garden. Sow seeds outside two to three weeks before the last frost has passed. Plant seeds 1/4-inch-deep and about 6 inches apart in rows set 2 feet apart. Chicory also can be planted for a fall harvest, and should be done so about 85 days before harvest.

### To grow:

Growing chicory is similar to growing other greens. Chicory grows best in temperatures between 45 and 75 degrees, so it does well in cooler climates. Chicory requires attentive weeding and well-drained soil. To retain moisture, add mulch around the plants. Fertilize with a nitrogen-based fertilizer.

Chicory can be grown in two ways, forced and non-forced. Forcing is a lengthy process that includes digging up the chicory roots in the early winter and storing them in sand. Four weeks later, a chicon will be ready for harvest. You can snap this off of the root and then leave the root in the sand for another crop. Chicory also can be grown in a deep pot. Similar to a dandelion, it has a long taproot.

### To harvest:

Chicory leaves are ready to harvest when they reach about 12 to 18 inches in height. Pull the plant, roots included, from the soil gently and chop off the root, but keep the leaves.



Salad King Endive Chicory seeds  
available at [ufseeds.com](http://ufseeds.com)

If you plan on forcing chicory to grow chicons, cut the leaves so 1 inch remains above soil and follow the forcing process.

### What chicory craves:

Chicory does best in full sun in a soil with a pH of 5.5 or greater. It requires 1 to 2 inches of water per week.

### Where to buy chicory seeds:

Urban Farmer offers many different kinds of chicory seeds, including endive and radicchio. Check out our website at [ufseeds.com!](http://ufseeds.com)



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Non-GMO Seed



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