

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginners guide to growing burdock

Although burdock is native to Eurasia, it has quickly adapted to North America. It is a biennial with a history of herbal and medicinal uses. This is considered an easy plant to grow and has an interesting gamut of uses. The plant can reach up to 9 feet high and produces rough, sticky and burred fruits. It is known to be used for treatment of scalp or skin issues. Burdock root also can help with high blood pressure, and it can be applied directly to the skin to help with wrinkles, dry skin, acne and more.



[Burdock seeds available at ufseeds.com](http://ufseeds.com)

### To plant:

Plant in loamy soil with a neutral pH. Stratify the seeds prior to planting and plant them at 1/8 inch under the soil. Direct sow the seeds after the last frost, or they can be started early indoors up to four weeks before the last frost. Space the seeds 18 inches apart since this plant can grow fairly large and keep the soil evenly moist. Seeds should germinate in one to two weeks.

### To grow:

The good news is burdock rarely struggles with pests or diseases. However, actions need to be taken to control the spread of the plant. Burdock can grow in a variety of conditions, from partial shade to full sun. Make sure to not plant other vegetables or plants near burdock, since it will quickly overtake an area.

### To harvest:

Burdock leaves should be harvested while they are young and tender. In its second year of growth it will produce purple flowers.

Burdock root and leaves can be harvested as early as 8 to 12 weeks after sowing the seeds in the spring. If burdock becomes too large, it will quickly become difficult to harvest, which is why it is important to harvest the plant while its young. To harvest the plant, use a shovel or garden fork. Dig a hole next to the root so you can leverage the root into that space. Burdock root can be eaten raw or cooked, and it is an excellent source of folate, vitamin C and pantothenic acid.

### What burdock craves:

Since burdock is such an aggressive plant, it doesn't need fertilizer to grow. However, if you notice your plants aren't growing as quickly as they should or aren't producing as well, add a balanced fertilizer.

### Where to buy burdock seeds:

Urban Farmer carries a Burdock variety that



100%  
Non-GMO Seed



One Day  
Shipping



100%  
Satisfaction Guarantee



Family  
Owned +Operated

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is a hardy root vegetable that works great for winter markets. These roots can reach up to 24 inches and have 1-inch diameter. Be sure to till the soil deep prior to planting these to allow for the roots to grow.

Checkout our Burdock seeds at [ufseeds.com](http://ufseeds.com)!



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