



Growing Instructions

Radicchio, Red Treviso

Sowing Outdoors:

- For best results use sterile, disease free and weed free soil to start your seedlings.
- Sow in early spring 2-3 weeks before the last frost and again in midsummer for an Autumn harvest.
- Sow in average, well-worked soil in a sunny location.
- In rows 30cm apart, sow seeds evenly and cover with 0.5cm of fine soil. Firm lightly and water gently.
- Seedlings emerge in 7-14 days depending on soil and weather conditions.
- Thin gradually to stand 30cm apart starting when seedlings are about 7cm high.
- New growth in cool weather produces the small, red, cabbage-like heads.
- For mid-summer plantings, cut off all leaves above the crown in early Autumn.

Sowing Indoors:

- For best results use sterile, disease free and weed free soil to start your seedlings.
- Sow Radicchio seeds indoors 6-10 weeks before the last frost in spring using a seed starting kit.
- Barely cover seeds in seed-starting formula.
- Keep the soil moist at 20 degrees C
- Seedlings emerge in 10-21 days.
- As soon as seedlings emerge, provide plenty of light on a sunny windowsill or grow seedlings 7-10 cm beneath fluorescent plant lights turned on 16 hours per day, off for 8 hours at night. Raise the lights as the plants grow taller. Incandescent bulbs will not work for this process because they will get too hot. Most plants require a dark period to grow, do not leave lights on for 24 hours.
- Seedlings do not need much fertiliser, feed when they are 3-4 weeks old using a starter solution (half strength of a complete indoor houseplant food) according to manufacturer's directions.
- If you are growing in small cells, you may need to transplant the seedlings to smaller pots when seedlings have at least 3 pairs of leaves before transplanting to the garden so they have enough room to develop strong roots.
- Before planting in the garden, seedling plants need to be "hardened off". Accustom young plants to outdoor conditions by moving them to a sheltered place outside for a week. Be sure to protect them from wind and hot sun at first. If frost threatens at night, cover or bring containers indoors, then take them out again in the morning. This hardening off process toughens the plant's cell structure and reduces transplant shock and scalding.

Growing Tips:

- Keep weeds under control during the growing season. Control them by either cultivating often or use a mulch to prevent their seeds from germinating. Avoid disturbing the soil around the plants when weeding.
- Keep plants well-watered during dry periods to promote rapid, uninterrupted growth. It's best to water with a drip or trickle system that delivers water at low pressure at the soil level. If you water with overhead sprinklers, water early in the day so the foliage has time to dry off before evening, to minimize disease problems. Keep the soil moist but not saturated.

Harvest and Preserving Tips:

- Harvest individual leaves any time.
- Harvest heads when they are firm to touch, usually 60-65 days after sowing.
- Radicchio makes a great lettuce substitute in salads. Leaves can be sautéed or steamed as well as eaten raw.
- The older the head the more bitter the flavour.
- After a frost, harvest the head, remove and discard any leaves that are frozen on the outside.
- Store in a perforated plastic bag in the refrigerator for up to 3-4 weeks.