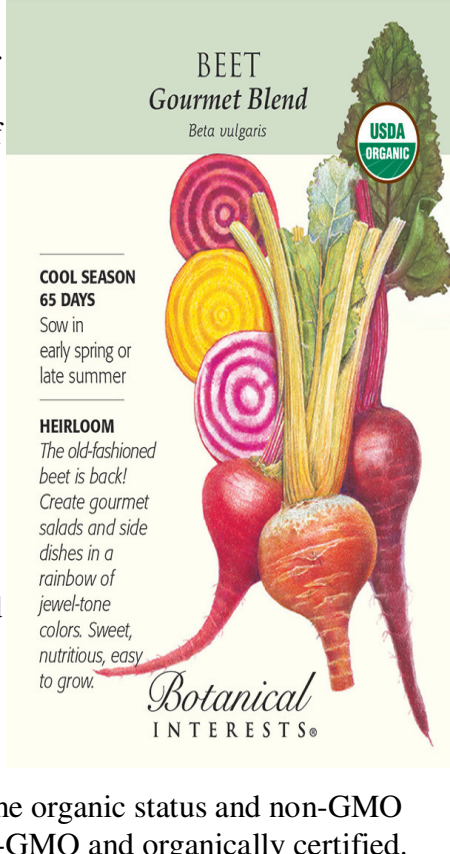


## “Where People who Love Great Tomatoes, Love to Shop!” Reading Seed Packets

There is a lot of information contained on a seed packet, and it can be overwhelming to know what to look for when purchasing, but at Watters we make it easy. Consider these four things when choosing a variety-when it blooms, how much sun it needs, how big it gets, and days to harvest. You'll find that information listed on the front of our packet right above a brief description of why you are going to love this variety.



**BEET**  
*Gourmet Blend*  
*Beta vulgaris*

**COOL SEASON**  
**65 DAYS**  
 Sow in early spring or late summer

**HEIRLOOM**  
*The old-fashioned beet is back! Create gourmet salads and side dishes in a rainbow of jewel-tone colors. Sweet, nutritious, easy to grow.*

*Botanical*  
INTERESTS®

We are dedicated to inspiring & educating the gardener in you. That's why we've put even more helpful information inside.

PEEL BACK FLAPS  
MORE INFO INSIDE

**BEET**  
*Gourmet Blend*  
*Beta vulgaris*

**Days to Emerge:**  
5 - 10 warm soil  
15 - 25 cool soil

**Seed Depth:**  
1/2"

**Seed Spacing:**  
A group of 3 seeds every 4"

**Row Spacing:**  
12"

**Thinning:**  
When 2" tall, thin to 1 every 4"

Illustrated by Carolyn Crawford

Join the beet renaissance! Aside from the health benefits which include significant amounts of fiber, potassium, folic acid and vitamin C, beets come in a variety of colors, shapes and textures. Varieties include Detroit Dark Red with deep red roots and delicious dark green tops, Chioggia with interior rings of bright pink and white, and Golden with bright yellow flesh. *This packet plants three 5 foot rows.*

**When to sow outside:** RECOMMENDED. 2 to 4 weeks before average last frost, for early summer crop, and late summer for fall crop. Growing during hot temperature periods should be avoided. Zones 10 and 11 can sow fall through winter.

**When to start inside:** Not recommended.

**Special germination instructions:** Soak seeds for 8 to 24 hours before sowing.

★ ALL OUR SEEDS ARE UNTREATED

NO GMS  
100% Certified Organic by the Colorado Dept. of Agriculture

Once you have your packets home, the back of the packet gives you more specific sowing information. We recommend sowing based on your average last frost date and whether to start sowing indoors or outdoors. When you're ready to plant, cutout the plant tag and secure it to a garden stake. The tag tells you the number of days before seedlings emerge, how deep to sow seeds into the soil, the distance between seeds, and recommended thinning instructions. The reverse side of the plant tag shows a visual of the seedling to help you identify it when it emerges.

This is also where you find information on the organic status and non-GMO rating. All seed sold here at Watters are non-GMO and organically certified.

**Average Last Frost Date May 8<sup>th</sup> for the mountains of Arizona (+ or - a week depending on elevation and sun exposure)**



**Family:** Amaranthaceae (Formerly Chenopodiaceae) Amaranth family, includes collards, greenbeans, quinoa, beet, spinach and Swiss chard

**Native:** Southern Europe

**Hardiness:** Biennial grown as annual. Grows well in warm soil. Germinates and grows with soil temperatures as low as 40°F. Seedlings can withstand light frosts.

**Plant Dimensions:** Leaf tops up to 18" tall, orange, or pink/red roots, green leafy tops.

**General Beet Information:** Beets are grown in all areas of the country. Popularity of growing beets has actually decreased over the past few years, and probably without good reason. The flavor of both roots and tops (greens) is wonderful and both are quite high in nutrients (iron, potassium, vitamin A). One cup of beets is only 60 calories, and the greens provide 14 times more vitamin A than a lettuce cup (1/2 cup of greens). Plants take 60-90 days to harvest.

**Variety Information:** This packet contains three varieties: **DETROIT DARK RED:** 2-3" blood red, globe shaped. Leaf tops are dark green and stems. **CHIOGGIA:** 2"-3" pink/red roots with interior rings of bright pink and white. Green leafy tops. **GOLDEN:** 1"-3" orange roots with bright yellow interior green leaflets.

**When to Sow OUTSIDE:** RECOMMENDED. 2 to 4 weeks before average last frost for fall crop. Growing during hot temperature periods should be avoided. In USDA zones 6 or warmer, seed can be started outside as early as January. Zones 10 and 11 can sow fall through winter.

**INSIDE:** Not recommended.

**Special Sowing & Germination Instructions:** To hasten germination, soak seeds for 8 to 24 hours before sowing. Do not allow a crust to build up on soil surface; seedlings struggle to emerge through crust. Beet seed is actually a seed ball with 1 - 5 seeds in each. But, therefore, proper thinning is very important. If several seedlings emerge thin to 1 seedling per 1". After 3 - 4 weeks, thin to 1 seedling for every 3" - 5" (thinned seedlings can be used in "5" sowings) salads. Cultivate very lightly.

**Optimal Growing Conditions:** SOIL: Will grow in a wide range of soils, but prefer deep, well drained, sandy loam with lots of organic material. Beet demand a constant supply of moisture. Without it for even a short period, root development will be adversely affected, same shade. **FERTILIZER:** Beets require a lot of potassium which is usually present in potting soils. Avoid ash as a good source of potassium. **SPECIAL CARE:** Mulch borders of beet crop yearly.

**Harvesting:** For early spring sowings, harvest before summer heat. For late summer sowings, harvest before fall heavy frost. For winter sowings in mild climates, harvest by March. Harvest when roots are anywhere from 2" - 3" in diameter. Do not let them get too big; the smaller they are the more tender. Foliage can be harvested when 6" tall or shorter. You can take as much as one third of a beet plant's leaves without harming the root crop; leave at least 2" of foliage above ground level.

**Historical Information:** The ancient Greeks made offerings of beets to Apollo, the sun god.

**In the Kitchen**

**How to Cook:** BLETTIK: Leave skin and 1" of leaf stem on to prevent "bleeding" of color from beets. Cook in boiling water for 45 minutes to 1 1/2 hours, depending on the size of the beets. If skin slices easily, they are ready. For easier removal of skins, plunge beets into a bowl of ice water for a minute immediately after cooking. Skins can then be rubbed off or peeled. To best savor the flavor of this wonderful root vegetable, simply cook as instructed above, slice into bite sized pieces, and toss with a good quality butter, or to highlight the flavor, try boiling. **GREENS:** Foliage can be cooked like Swiss chard or spinach, sautéed or sautéed. Can also be frozen like spinach.

**Recipe: BEET CHIPS:** Preheat oven to 350°F. Wash roots in upper & lower disks. Peel 4 medium beets, and slice 1/16 inch thick. In a large bowl, toss beets with 2 teaspoons extra-virgin olive oil. Arrange slices on a rimmed baking sheet, and top with another about 20 minutes. Uncover and bake another 10 - 20 minutes, removing chips as they become lightened in color. Transfer to a wire rack. Chips will crisp up as they cool.

**Seeding**

Date Seed Sow:

(Write in date)  
Maturity: 65 Days

**Artist:** Carolyn Crawford of Louisville, Colorado has had one passion shown at botanical gardens in San Francisco, St. Louis, and Denver. She was awarded a Silver Medal from London's Royal Horticultural Society. Passions include field botany, milkmaids, her cats, and family.

Now your seeds are planted, but there's still more information inside the packet! The inside explains optimal growing conditions, such as how often to water and when to transplant, as well as harvesting methods. Often, Watters seed packets also include the history of the plant, recipes, and tips on keeping your cut flowers and harvested vegetables fresh.

Having the right information is the first step in being a successful home gardener! Come look at all of our beautifully illustrated, information packed, and high quality seed containing seed packets here at Watters Garden Center - a family owned business!