

# brussels sprouts.

**Sow:** Indoors from February onwards, outdoors from late March in nursery bed.

**Soil:** Dig the soil well and add plenty of well-rotted manure the autumn before planting. You can also grow a nitrogen-fixing green manure over the site three weeks before planting.

**Sun:** Full sun. Not too exposed.

**Grow:** Plant in final position once the plants have grown five or six true leaves. Plant 3ft apart. In midsummer, remove the top shoot. This will encourage the sprouts to mature together.

**Harvest:** From August through to the next spring.

**Problems:** Protect from cabbage root fly using a collar around the base of the plant. Net the plant to prevent cabbage white caterpillars from stripping it entirely bare: pick off the eggs from the underside and base of the leaves. Clubroot is a soil-borne fungal disease which can hang about for twenty years. Rotate properly, and never compost diseased plants. Grow resistant cultivars.

For more advice on growing and cooking sprouts, visit the Stylish Gardening Blog: [fennelandfern.co.uk](http://fennelandfern.co.uk)