



## Rutabaga Planting Guide

### About Rutabaga

Rutabaga is a cool season root vegetable often found in stews or casseroles, served mashed with carrots, or baked in pastries. They have also been shown to reduce inflammation and potentially even your risk of heart disease.

### When to Plant

If you are in a colder area, sow your rutabaga seeds after the danger of the last frost has passed. If you are in a warmer zone, plant your seeds in the fall and harvest in the winter.

### Where to Plant

Rutabaga plants prefer full sun or partial shade with slightly acidic to neutral soil, or a pH of 6 to 7. It does not need heavily fertile soil, but does require loose, well-drained soil that retains moisture.

### How to Plant

Sow your seeds 1/2" deep and about 2-3" apart. Rows of rutabaga seeds should be planted about 2' apart to allow for easy weeding, thinning, mulching, and eventual harvesting.

### Caring for Rutabaga

Thin the rutabagas out when they are around 4" tall so there is between 4-6" of space between each plant. Apply some fertilizer or composted manure a few weeks after seeding, after plants have been thinned and weeded. Water the plants, about 1-1 1/2" per week, either with rainwater or irrigation. Watering is most important as the roots reach maturity. Both rutabaga greens and bulbs can be harvested to eat - you can cut the greens off, without disturbing the root, when they are over 4" tall and the greens will regrow. Harvest the bulbs when they are at least 3" in diameter, depending on the variety, by either hand-pulling or carefully digging the roots.