

# URBAN FARMER

LOVE THE EARTH

## From Seed to Harvest: A beginner's guide to growing horseradish

Homegrown horseradish is bursting with flavor, and it's a perennial that many gardeners enjoy implementing in their garden plans each year. Horseradish has several health benefits as well, such as aiding in weight loss, helping to lower blood pressure, build strong bones, improve an immune system, promote a healthy heart, stimulate healthy digestion and more. Homegrown horseradish has a fresh, bright flavor - more so than compared to the horseradish purchased from a store.

### To plant:

There are two types of horseradish - common horseradish which has broad, crinkled leaves and Bohemian horseradish, which has smoother, narrower leaves. When picking a spot to plant your horseradish, make sure it's the spot you will continue to grow the horseradish in for a long time because once the perennial is planted, you won't want to move it. Horseradish can be grown from root cuttings which are set out in the fall or the spring. Cut off the top third of the root, and then save the bottom part. Loosen soil 12 inches deep and add in some compost. Plant the cutting at a 45-degree angle, and leave the top of the root around 2 inches below the soil line. If you want more than one plant, space the root cuttings 30 inches apart in the garden.

### To grow:

Horseradish does best when grown in full sun, but it will tolerate partial shade. It can tolerate nearly any soil, except it won't survive in soil that is waterlogged. Other than watering horseradish once a week, it



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

doesn't require much attention to grow. You can also add some mulch around the plant to help retain moisture during dry spells.

Horseradish spreads very easily, so to keep it from sprawling, remove the entire root and all the branches when harvesting. Then, replant only the amount of plants you want for the following season. Do not put the horseradish in your compost, or till the ground where it previously grew, because it may spread throughout your entire garden that way.

### To harvest:

Horseradish can be harvested one year after you planted the root. Harvest the horseradish after has killed the leaves, and harvest it by freeing the main and the side roots. Scrub the dirt from the main root under running water and dry it well. Keep it in a perforated plastic bag, and horseradish can keep up to three months if stored in the vegetable drawer in your refrigerator.



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## What horseradiah craves:

Horseradish spreads and grows very easily, so it doesn't require much fertilizer to get started. To keep the plant healthy, add a low-nitrogen fertilizer before and after its growing season.

## Where to buy horseradish seeds:

Find horseradish seeds on our website at [ufseeds.com](http://ufseeds.com)!



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