

# Skirret

## **Organically Grown** Sium sisarum Perennial

Grown as a root vegetable, cluster of sweet long white roots. Raw it is similar to carrots and parsnip. Cook like beets, boil, stew or roasted for soups and stir fry. Used as sweet flavor in fritters and pies like carrot. Harvest after light frost for the most satisfying flavor. Remove the woody core of older plants before cooking because it is difficult to remove later. Store like parsnip and carrots. Also, coffee substitute like chicory. Has been used to treat indigestion, urinary and Liver disorders, use root and stem. Also known as Crummock, Sugar Root, and Water Parsnip. Originated in China. Mentioned by Pline the Elder as a favorite of the Emperor Tiberius. Naturally grows on the banks of waterways. Roasted root has been a coffee substitute. The name Skirret comes from the Dutch 'Suikerwortel' meaning 'sugar root'.

## **How to grow skirret from seed, division**

Sow in late in winter or early spring in cold frame, can be slow to germinate, thin to 12 inches. Work soil deeply and free of debris. Can also be started indoors 8 weeks before last frost. Pick out seedlings to individual pots. Pot up one or two times, keep weeded to enhance root development. Best to propagate by root division. Plant larger divisions out directly. Pot up smaller divisions in early spring and grow them in lightly shaded area in cold frame, plant them out once they are well established in the summer. Requires abundant moisture in the growing season or roots will be tough. Harvest root after first frost. Lightly mulch to over winter in cold climates. Prefers some shade in hot climates.

Soil pH 5.6–8.5.

Hardiness zones 5–9.

Usual seed life 1–2 years.

Planting Depth 1/2"

Soil Temp. Germ. 65–70° F

Days to Germ. 30

Plant Spacing 18"

Row Spacing 18"

Days To Maturity 120–140

**Part Shade**

**Wet Climate**

