



## Nichols Garden Nursery

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**Herbs, Seeds & Goods  
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**CHICORY**- *Cichorium intybus*. Europeans have appreciated this remarkable vegetable for many years. More gardeners in America are now planting Chicory and value it for its piquant flavor. Use as a spicy addition to a salad. It is easy to grow and suffers very little from pests and diseases. Radicchio- refers to the red chicory varieties. Greens harvested in colder weather tend to be sweeter. Radicchio is high in antioxidants, loaded with fiber, and contains high levels of Vitamins B, C, and K

**Planting Recommendations:** Plant in early spring and again in early July for a fall harvest. Soil temperature should be 55° -75° for best germination with seed planted 1/4" deep. Thin plants when they are 1" high to 8" apart. Protect from hot weather by using shade cloth. Chicory that matures in warmer weather may tend to be more bitter. For tender, sweet chicory start in summer for a fall and winter harvest.

**History:** Chicory (Succory) was known to the Romans and eaten by them as a vegetable or in salads as mentioned by Horace, Virgil, Ovid, and Pliny. Used mainly as a medicinal plant early in its history. Radicchio has grown mainly in regions of Northern Italy, especially in the Veneto region, where it currently thrives. Pliny the Elder (23 A.D.-79 A.D.) was the first to write about radicchio, when he referred to the Venetian lettuce in his *Naturalis Historia*, in praise of its more purifying qualities. In the 1970s, Italy began to export this and other varieties of the celebrated radicchio plant throughout the world.

### **Planting Info:**

Planting Depth: 1/4 "

Germination Temp: 55° - 75°

Days to Germinate: 5-10

Growing Soil Temp: 55° - 70°

Spacing: 8"

Planting Location: Full Sun fall, partial shade summer

### **Seed Notes:**

Seeds per ounce: Approx. 12,000-18,000

Seeds per gram: Approx. 450-700