



Growing your own...

# salad



## **When to plant?**

March - August

## **When to harvest?**

May - October

## **Where to plant?**

Container or window box.



## Growing your own... salad.

It's great to have a plentiful supply of salad whenever you need it throughout the summer, and it tastes better knowing you've grown it yourself. Not only is it fun, but it's quick, easy and cheap too.

What you will need:

**Pot/trough**

**Watering can**

**Trowel and fork**

**Gardening gloves**

**Seeds**

**Compost**

What to do...

1. Firstly, fill your pot or box with compost to about 3cm below the rim.
2. Draw lines in the compost with a pencil or your finger, about 2cm deep. Sprinkle your chosen seeds sparingly along the rows and cover with a thin layer of compost.
3. Give your pot enough water to ensure the soil is moist, but not wet. Do this using a watering can with a rose attachment to ensure you don't wash the seeds away.
4. For best growth, put your container in a sunny spot, checking daily that the soil is still moist. Make sure you water if the soil feels dry.
5. After around 3 weeks, you can start to pick the leaves as and when you want them. To do this, carefully cut using a pair of scissors.

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## TOP TIP

*"Plant several pots a few weeks apart to make sure you have salad available throughout the summer."*

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