

Additional Growing Hints & Tips

French bean - plant in two rows, seeds 5cm apart and the rows 10 cm apart, with the seeds 1-2cm below the compost surface. No support needed as these are bush French beans not climbing French beans, harvest when the pods become rounded not flat looking

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Broad beans - Plant beans under 2 inches (5cm) of compost about 4 inches (10cm) apart. Plants should start showing above ground after a few weeks

Water well in spring, they may need tying to sticks if they start getting too tall.

Once you start to see little pods appearing where the flowers have died back you can nip the top out of the plant above the bean pods (you may remove some flowers) for best yield you should nip them out when you have 8 –10 little pods visible. Harvest early for eating pods or once you can feel decent sized beans in the pods harvest.

Peas - Plant peas 1 inch (2.5cm) below the surface of the soil

Plant peas in a zigzag pattern down the trough leaving about 2 inches (5cm) between each pea.

Peas will need something to climb up in the spring, old twigs work great

Peas are ready when the pods look full and feel hard to the touch

Beetroot - sow seeds thinly (1-2cm gap between seeds) in rows 5 cm apart, harvest when stem swells to the size of a golf ball

Carrots - sow thinly (do not sow whole pack at one time) when plants start to show thin to 1 plant every 2-3 centimetres, harvest when wanted - early for 'baby' carrots or leave them longer for full sized carrots.

Lettuce - sow seeds thinly (do not sow the whole pack at the same time) - every two to three centimetres, thin lettuces when they get three full leaves to 5-8cm between plants. To harvest pick outer leaves and leave the 'heart' as it will regrow and you can harvest again in about 3 weeks.

Radish - sow thinly (do not sow all at the same time) seeds need to be about 1cm apart, harvest when the stems start to fatten.

Tomato - this is bush tomato, it needs no pruning or tying to a bamboo cane, plant it in the centre of the pot, put it somewhere it gets the most direct sun possible, keep it damp, harvest when the tomatoes look ready to eat.

Potatoes - Take the potatoes and put them somewhere warm and light (a window that gets full sun for no more than 2 –3 hours will be fine), you are waiting for the little sprouts or 'chits' to appear. Once these are about 2cm long fill the potato sack 1/3 full with compost and plant the potatoes with an equal gap between them, cover with 10cm of compost, water and place in the sun against a wall or fence if possible. Once the leaves have got to 20cm tall bury everything leaving only the top 5cm of growth showing above the compost, repeat this until the potato sack is full of compost, keep watering regularly—even if it rains as potatoes need lots of water. Harvest after about 14 weeks from planting

Sage—this herb forms upright bushes, it is hardy down to –10 degrees, so will grow for years. It will end up about 60cm (or 2 feet) tall. Sage is a herb used for chicken and pork dishes in particular

Oregano/marjoram—this herb is more low growing than sage, but it will spread out to 60cm (or 2 feet) wide given the opportunity and even more hardy, it will survive winter temperatures of –15 degrees. Oregano is used in things like sauces, pizza's and pasta

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Strawberry— these will provide strawberry's in mid-summer and will also send out 'runners' these are long shoots which develop mini- plantlets along their length pin down the shoots near a plantlet onto some soil and they will root and you will get free, new plants ready to fruit the following year!

Sweet/hot pepper—this plant will grow best in full sun, keep it damp but not wet and once you can see little peppers let the compost dry out completely between watering's (you can even leave it to wilt a little bit before watering), harvest the peppers when they are green or wait for them to change colour to get more flavour

Garlic - Plant pointy end up, flat end down under 2 inches (5cm) of compost.

Plants should start to show above ground level in a couple of weeks.

Keep watered well in spring and early summer

Garlic is ready when the bottom four leaves turn brown.

Lift full plant and allow to dry somewhere warm for a couple of weeks, cut top growth off leaving about 1 inch (2.5cm) of stalk attached.

When stored somewhere cool, dark and dry, garlic will keep for several months

Red and brown onions - Plant pointy end up, rooty end down with the very top of the pointy end sticking above the ground. Plant will start sending up new growth in a couple of weeks.

Water well in spring and early summer

Onions are ready when stalk collapses under its own weight

Lift onions and dry them in a warm place until the leaves have gone brown

Cut off remaining brown leaves leaving 2 inches (5cm) of stalk

Stored dry, cool and dark they will last for months

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Plant everything as soon as you can.

Water everything in well after planting.

Place outside in a sunny place (or as in as much light as possible).

You shouldn't need to water over winter (the rain will do it for you) but if the compost starts to look dry you can give it a good water.

Everything you are growing is totally hardy, they do not need covering if it snows or gets frosty.