

Easy start to growing from seeds: Salad

What do I need?

- **Some seeds, compost and a container!**

Containers For salad, you can start with a flat container, (like a butter tub or mushroom tray) some soil or preferably a bit of compost, and some seeds

Growing food in recycled containers

Yoghurt pots, plastic trays, boxes and bags can all be used to grow food. Seeds need water, warmth and air to grow but a garden is not needed.

Lettuce, tomatoes, radish in a couple of containers of soil or compost will provide tasty snacks for several weeks when you take the scissors to cut mixed salad leaves for your sandwich. Radish, Lettuce or tomatoes can be grown in any container you have either inside, on a windowsill, or outside on a front step or balcony.

Sowing & Growing your seeds:

Lettuce, Rocket, and spring onions:

These can be grown outside from late May, but if it is still cold outside, they take longer to come up, so you might want to start them off indoors.

1. In a mushroom tray or 1 litre Tetra Pak on it's side, fill 3/4 full of compost, and water so it is damp.
2. Firm down the compost
3. Sprinkle the seeds in rows
4. Press down slightly
5. Cover with 1/2cm compost, and put in a clear plastic bag in the windowsill



Radish and beetroot

Best grown in a larger pot, ideally more than 5cm deep to allow the roots to swell and form a nice radish or beetroot.

They will also very happily grow outside, and do not need to be started on the windowsill if you do not want to. Grow in a big enough container so you do not have plant them on later.

Beetroot and Radish can be planted straight outside if you want

What next? Growing & Potting on

After the seedlings start to appear (5-14 days), take the bag / clingfilm off and let them grow. They will form their first few leaves, and after 2-3 weeks might start looking a bit crowded.

Tomatoes can be moved into their own separate pots at this stage, like the one in the picture here.

Lettuce and rocket can be planted outside in a bigger pot, and once they are about 5-6cms tall, you can start picking leaves to add to your sandwiches.



Don't pot on – grow in a bigger container to start with: Radish & Beetroot

Radishes will start swelling after about 3-4 weeks, and if they look a bit crowded, then do pull out a few of the smaller ones to have as baby radishes and give the others space to grow bigger.

Beetroots are the ones that will take a bit longer to grow, but you can also pick a few leaves from them as they are growing to add to your salad, as they are the same family as spinach!



Radishes