



Let's Plant some Seeds!

Hi,
Welcome to your seed pack from JRF and Edible York

At Edible York we are encouraging everyone across York to have a go at growing something edible – on a windowsill, in a pot or outside your front or back door!

It doesn't have to be complicated or expensive, and seeds are little bundles of energy that just cannot wait to get growing.

We have put a couple of packs together:

Pack 1: [Easy Growing - Cress or Mustard!](#)

Pack 2: [Grow your own salad! \(6 seeds to try including lettuce, tomatoes and radish\)](#)

Hopefully this letter is coming to you with one of the two packs above, so you can have fun growing something easy at home.

I hope these ideas will help you get started in growing some of your own food. It is possible even if you do not have a garden or lots of equipment. There are lots of books, TV and radio programmes as well as classes that will help you learn more about growing fruit and vegetables for yourself later.

It's lots of fun, and if you would like to learn more why not join us online? Edible York have **videos** of live seed planting sessions recorded over the last few weeks on Facebook, so everyone - from kids doing home-schooling, to people trying growing for the first time – can watch, join in and see how easy it is.

Find us on:

Facebook: www.facebook.com/EdibleYrk (look for the link on the left for videos)

Twitter: www.Twitter.com/EdibleYork

Web: www.EdibleYork.org.uk

Email: info@EdibleYork.org.uk

[What do I need?](#)

Pack 1 – for mustard and cress all you need is a container, tissues, and some seeds

Pack 2 – for salad, you can start with a container, 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.

For Cress, take a clean container fill it with tissue; add water then the seeds you want to grow. Mustard seed and cress all give a tasty food in less than one week.

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.



Pack 1: Growing Cress or Mustard!

All seeds and all plants want to grow! Both cress and mustard can be grown even without any soil at all. Why not start a little garden on your windowsill?



1. Put some kitchen paper / tissue in the bottom of a container. (An empty fruit container, or any shallow tray, or glass will do).
2. Wet the tissue – but don't waterlog it.
3. Sprinkle on the cress seeds and gently press them into the wet tissue.
4. Cover with cling film or a clear bag and place on a windowsill.
5. When the seeds germinate (sprouting little roots into the paper and shoots into the air) take off the cling film.

If you see the tissue is drying out, then spray or sprinkle on a little more water and within about 5 – 7 days your cress will be ready to eat! The warmer your window sill, the faster they will grow. Snip the shoots off with scissors at the bottom when the cress is 3 – 5cms high. Cress is great in salads, or try adding it to your favourite sandwich!

Growing mustard is also easy, and can be grown in exactly the same way as cress. Mustard is slower growing but will still be ready to eat in 9 – 12 days. Try in sandwiches, salads, pasta, or risotto – either hot or cold!

Growing cress or mustard with soil or compost is easy too.....

And grown this way the cress or mustard will also have more flavour and nutrients!

1. Grow as above (steps 1 – 5) but replace the tissue with a shallow layer of shop bought compost or garden soil. Enjoy the harvest from your windowsill. Seed packets of cress and mustard can usually be bought from local supermarkets for about 50p-£1. There are often different varieties for you to try.



Pack 2: Grow your own salad!



(6 seeds to try including lettuce, tomatoes and radish)

The salad collection is a great way to start and you can be eating fresh salad leaves in only 4 weeks, and radishes after about 5-6 weeks.

Tomato plants take a bit longer to grow, but are so rewarding and fresh cherry tomatoes taste so much better than any you can buy in the shops!

Where do I start?

You will need :

- a container
- some soil or compost
- water
- and some seeds!

The lettuce and tomato packs are a good place to start for day 1.

(Start the tomato plants off soon, as they take a few months to crop).

All of these plants can be grown both outside or inside, but all the seeds will set off faster if they are started on a sunny windowsill.



Containers:

No real need to buy expensive pots, seeds can be started off in a margarine tub or yoghurt pot on the windowsill.

Ideally snip a couple of drainage holes in, so the plant does not get waterlogged. (They can be sat on another container to save water getting on the windowsill).



Tomatoes:

1. Pop some compost in your pot / margarine tub etc.
2. Firm the compost or soil down (probably about 1.5 cm from the top) , and water slightly
3. Spread the 4-5 tomato seeds out, and press them slightly into the compost
4. Sprinkle a small amount of compost on top of the seeds (0.5cm or so)
5. Pop the pot in a plastic bag, or cover with clingfilm until the seeds start to show (7-14 days)

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 tetrapak, 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.

Sow and plant as above, but they can go straight outside if you want

What next? 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.

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!

Remember it is all a bit of fun and we all started somewhere, ask your neighbours if they are growing too and compare notes! You might end up with lots of one type of seedling, so it is always good to swap, and share the plants around.

If you have any questions, do drop us a message on Facebook, Twitter or on email, details below 😊

Have fun growing! And if you get a taste for it, do have a look for a few other seeds too. Packets can often be found for as little as £1, and many things like peas, beans, or sunflowers are also nice easy seeds to try! (Wilkos, or local hardware shops often have seeds).

Happy Growing
Ruth @ Edible York

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