

Contents and Sowing Instructions

Tomato (Gardener's Delight) ave. 25 seeds

Sow: Feb-May

Harvest: June onwards

Sow under glass at 18-21°C. If you want to grow outside, harden the plants off before planting out towards the end of May. Grow in a warm sunny position. Water and feed regularly.

Lettuce Baby Leaf mix ave. 400 seeds

Sow: April onwards

Harvest: May onwards

Sow very thinly 20mm deep every 2-3 weeks for a continuous supply of young leaves. The leaves are best picked when young & tender. Simply pull a few leaves from each plant.

Spinach (Medania) ave. 100 seeds

Sow: Mar-Jul & Aug/Sep

Harvest: May-Oct & Apr/May for autumn sowing

Sow in open ground 2cm deep and 30cm between rows. Thin seedlings to 10cm apart. Harvest regularly to encourage new leaf production.

Cabbage (Golden Acre) ave. 80 seeds

Sow: Mar-Jun or Jan/Feb

Harvest: Jul-Oct

Sow thinly direct into finely raked seed bed 13mm deep. Transplant when large enough to handle allowing 40cm all round between plants.

Can also be sown Jan/Feb in a propagator or under glass at 10-15°C using good quality seed compost. Cover seeds with 6mm sieved compost. Transplant seedlings into 75mm pots, grow on and finally plant out.

Carrot (Early Nantes) ave. 350 seeds

Sow: Feb-Aug

Harvest: May-Oct

Sow thinly 15mm deep with rows 30cm apart. When the seedlings are large enough to handle, thin out to 7-10cm apart. Later thinnings will be large enough to use as baby carrots.