

Salad, Spring and Summer

Vegetable

Suggested varieties: *Endive, Lettuce, Rocket*

PLANT



Regularly sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant, giving more space to produce bigger plants. Can plant between slower growing plants

GROW



Keep soil moist for continuous growth; plants in dry soil produce tough or bitter leaves and may flower early ('bolt'). Remove weeds carefully. Protect from slugs

EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

Growing guide

Easy!

Average time to harvest

4-12 weeks

Equipment needed

None

Germination time

3-12 days

Average plant size

20cm tall and wide

Family group to grow with

Various

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		🌱	🌱	🌱	🌱						
		🌱									

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

🌱 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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