1. **Sow Your Seeds**

From April sow seeds into pots. Sow them 1cm deep and only put 1 seed in each pot. You must place the seeds on their edge, not flat, so that they don’t rot. Keep them in the greenhouse and remember to water them.

2. **Planting Out**

Plant your seedlings outdoors once they have at least four leaves (two of these will be their rounded seedling leaves and two will look larger and more angular). Plant them at least 90cm apart.

3. **Harvesting**

Courgettes are ready to harvest once they are 15cm or longer. Cut from the plant at the stem. Harvest regularly and the plant will keep producing courgettes.

**Top Tips**

- Once courgette plants start to flower they will need a lot of water regularly, but remember they hate having wet leaves.
- Feed your plants every two weeks with liquid fertiliser. If you have a wormery try using worm tea diluted with 10 parts water.
- Courgette flowers are edible too!