

SALAD LEAVES

1 SOWING YOUR SEEDS

You can grow salad varieties all year round. In late spring to autumn try growing summer salad and from mid summer to autumn you can plant winter and oriental salad varieties.

Make the drills 0.5m deep with 30cm between each row. Water the drill and sprinkle with seeds. Cover drills thinly with soil.

Check individual seed packets to see if your salad variety has specific instructions.

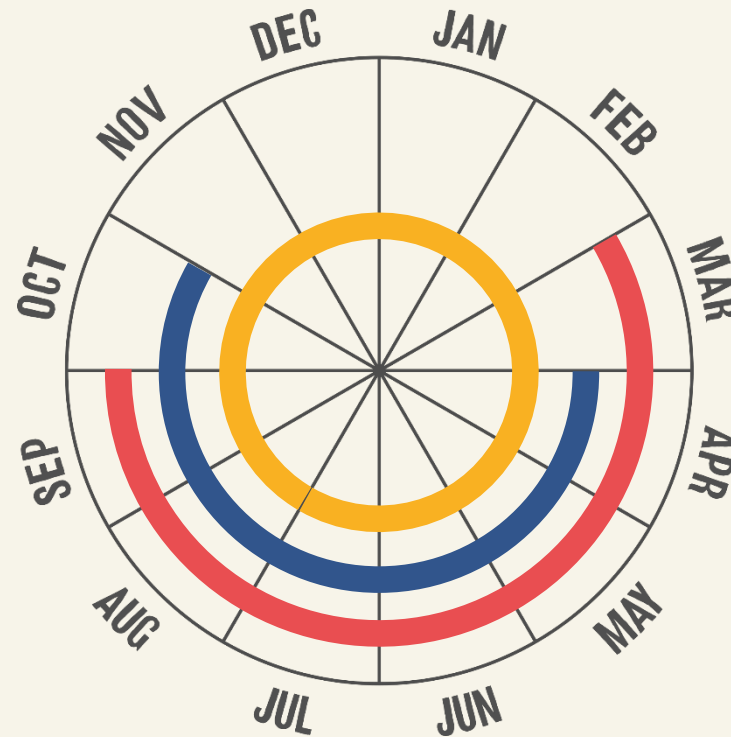
2 THINNING OUT

Once seedlings are 5-10cm tall, start to pull out the smaller and weaker stems. Leave a 15cm space between each plant.

3 HARVESTING

Once leaves are at least 15cm tall, pull and twist the outer leaves off at the stem near the base of the plant for a 'cut and come again harvest'.

Always leave at least 3 young leaves on the plant so that it can continue growing. Alternatively you can harvest the whole plant by digging it up.



Seedlings before thinning



Ready for harvest

TOP TIPS

Salad leaves are delicious food for slugs and snails, so keep an eye out for them and move them away from your salad leaves.

If you leave the plants to mature they will 'go to seed' and crops will have a bitter taste. You can choose to leave them for seed collection once the plant and flowers have dried.