

Grow your own... Herbs

Herbs can be grown all year round if you have a sunny windowsill.

Coriander, basil and parsley are suitable and give extra flavour to any dish.

- ✓ Easy to grow
- ✓ Contains Vitamins
- ✓ Contains Micronutrients
- ✓ Grow from Feb to Sep
- ✓ Grow in your windowsill
- √ Harvest in 6-8 weeks





From your growing pack, you will need:

- √ Compost
- ✓ Container



- 1. Sow seed thinly in pots or seed trays and give a light covering of compost.
- 2. Water lighly and cover with cling film.
- 3. Place in a sunny windowsill.



- 1. Once they start to grow, remove the cling film.
- 2. Keep the compost moist, not too wet or dry by placing on a saucer with water.
- 3. Pinch out any flower heads that form.



1. Pick or cut off the largest leaves once they are ready.

Top tip: Sow a small pot every month to keep you in fresh herbs all year round!

Did you know: You can wash, chop and freeze in ice cube trays for an easy addition to soup, stew or curry.

