



# Grow your own...

## Winter Salad

Salad leaves are one of the few plants that can grow all year round if you choose the right varieties.

There's lots of different mixes to choose from but generally the one with oriental greens in are the best to grow in the winter.

- ✓ Easy to grow
- ✓ Contains Iron
- ✓ Contains Vitamin C
- ✓ Superfood
- ✓ Grow all year round
- ✓ Grow in your windowsill
- ✓ Grow in your garden
- ✓ Harvest in 6-12 weeks



From your growing pack, you will need:

✓ Compost

✓ Container



## PLANT

1. Regularly sow seed thinly in pots, seed trays or rows and cover with a sprinkle of compost (0.5cm).
2. Thin seedlings (remove excess) or transplant, giving more space to produce bigger plants. Once they start to grow you can thin the seedlings out (eat them!) and let the remaining plants grow on.



## GROW

1. Keep the soil moist, not too wet or dry. If they dry out, then the plants tend to rush to produce seed (bolt) although you can eat the flower heads too.
2. If you're growing them outside, put a fleece over them once the weather cools.
3. Remove weeds carefully and watch for slugs!



## EAT

1. Once they have grown to about 10cm, cut the leaves to about 2.5cm and leave to regrow. You can do this 2 or 3 times before exhausting the plan (cut and come again).
2. An alternative is to just pick the mature outdoor leave, leaving the inner ones to develop more.

**Top tip:** Use the leaves in place of spinach in recipes for a slightly different taste or in a salad or stir-fry.