

# SALAD LEAVES

## 1 SOW YOUR SEEDS

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

Sow salad directly into beds by sprinkling seeds 0.5cm deep into drills (groove in the soil), leaving 30cm between each row.

## 2 THINNING OUT

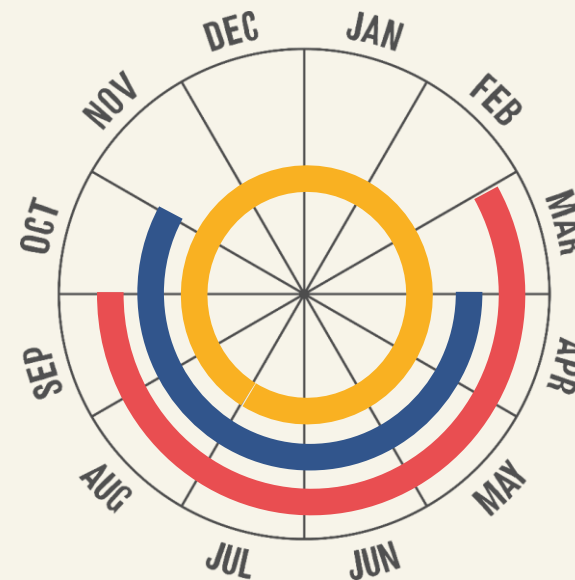
As soon as the first true leaves appear, start thinning the plants out by removing the weaker and smaller seedlings, leaving at least 15cm between each plant.

Remember you can eat the seedlings you remove.

## 3 HARVESTING

Once the outer leaves are 15cm and above, pull and twist them off at the stem near the base of the plant. Leave at least 3 young leaves on the plant so that it can continue growing. Alternatively you can dig up and use the whole plant.

You can choose to leave some plants to mature and 'go to seed'. Collect the seeds once the plant and flowers have dried.



### TOP TIPS

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

Salad also needs a lot of water in

the summer, so be sure to keep your soil around the plants well watered.



Young plants



Ready for harvest