

GET GROWING

NEWSLETTER

28th May

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Project - Salad Bar!

Salad leaves are the easiest thing to grow – they're super tasty, healthy and quick to grow!

Baby leaves can be grown outside in a sheltered spot, or inside on a sunny windowsill. Just make sure you don't let them dry out.

You can grow salad leaves in any container you have spare – be creative and use an old crate, box, takeaway container...the possibilities are endless.

Send me a picture of your most creative salad box!

Mairí

Lettuce

Salad leaves can be picked small or left to grow into full size lettuces. Check out the attached guide for more information.

Things to do this week

- Sow cucumber, courgette, sunflowers, peas, beans, herbs, kale and broccoli outdoors in small pots.
- Sow beetroot, carrots, leeks, radish, chard, salad leaves and spring onions outside.
- Continue hardening off indoor raised seedlings ready to plant out.

Spotlight: *Remember to water your plants in the hot weather*

Call Mairi on 07508094574 or email mairi.lees@nbnelt.co.uk for advice and support on how to make the most of your garden!