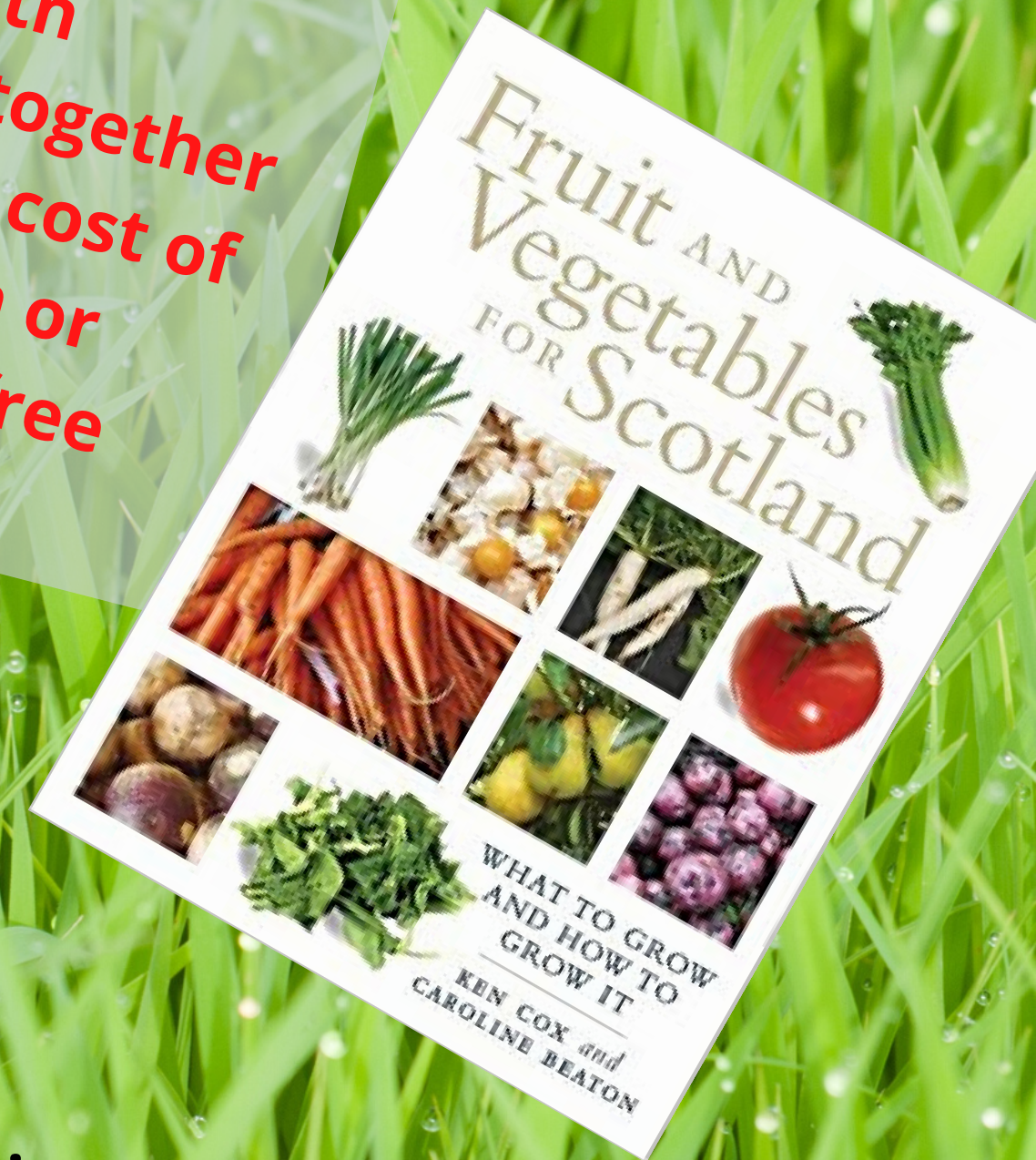


GENERAL TIPS

- Reuse material as much as possible. You can grow in raised beds, straight into the soil, in containers outdoor or indoor.
- The information on the seeds packets are general for the UK, not for Scotland.
- The next slides are for growing in Scotland.
- Avoid sowing all the seeds at once. Who want to eat 100 of radish in a week?
- Better is to space sowing every 2 or 3 weeks, from April to end of September for the fast growing crops (Radish, Spinach, Chard, Rocket, Mizuna, Mustard Cress, Lettuce, Spring Onions, Turnips, Coriander)
- Sow vegetables that you will eat.
- Label your planting. It's better to grow in straight lines to recognise rows.
- Water when no rain fall.
- Weed regularly once your plants are established.
- Experiment and have fun.

The garden centres are closed for public but a lot of them are still taking orders to be delivered. Ordering with neighbours together will keep the cost of delivery down or enable to get free delivery!!



More information:

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GROWING OUTDOOR

- For growing roots veg such as Carrot, Parsnip you will need deep containers.
- Salads, Spinach, Chard and Herbs can be grown in shallower containers.
- Mint is always better grown on its own.
- Combine plants following the companion planting principle.
- Sow flowers too to attract pollinators for your vegetables growing from flowers (Tomato, Courgette, Beans, Peas, Strawberries...)

GROWING IN CONTAINER

- The containers have to be pierced at the bottom for water drainage.
- Any containers can be reused for growing

GROWING INDOOR

- Plants grown indoors will need light to grow. Placing your container next to a window will be perfect. However make sure to dim down your radiator if located under the window as heat will dry soil very fast letting seeds struggling to germinate and survive.
- Vegetables not growing from flowers will be best for indoors (salad leaves, herbs, raddish, roots veg in deep containers).
- Vegetables producing flowers first will need to have the pollination process recreated. For this use a clean small pinset, collect pollen from flowers to mix with the others... no guaranty of success.

HEALTH & SAFETY

REUSING PALLETS

- The blue or red pallets marked with C are property of Chep. They have money on them and it is an offence to reuse them. Also the paint is not friendly for growing plants.
- Only pallets marked with IPPC are chemical-free and safe to use.
- These three pallet treatments are safe: HT (heat treated), KD (kiln dried) and DB (debarked).

REUSING PLASTIC CONTAINERS

- Plastic containers marked #1, #2, #4, #5 are judged to be safe for food growing. Any other numbers are not.



- Wash your hands after gardening regardless if you were wearing gloves or not.
- Always water the compost bags before using them to avoid breathing micro dangerous particles.
- Warm up and stretch while gardening especially if you stay prolonged or your knees or lift items.

MARCH

VEGETABLES TO SOW OUTDOOR

- Lettuce, /Rocket
- Spring Onions
- Shallots, Onions
- Raddish
- Parsnip, Carrots
- Packchoi

TO SOW INDOOR

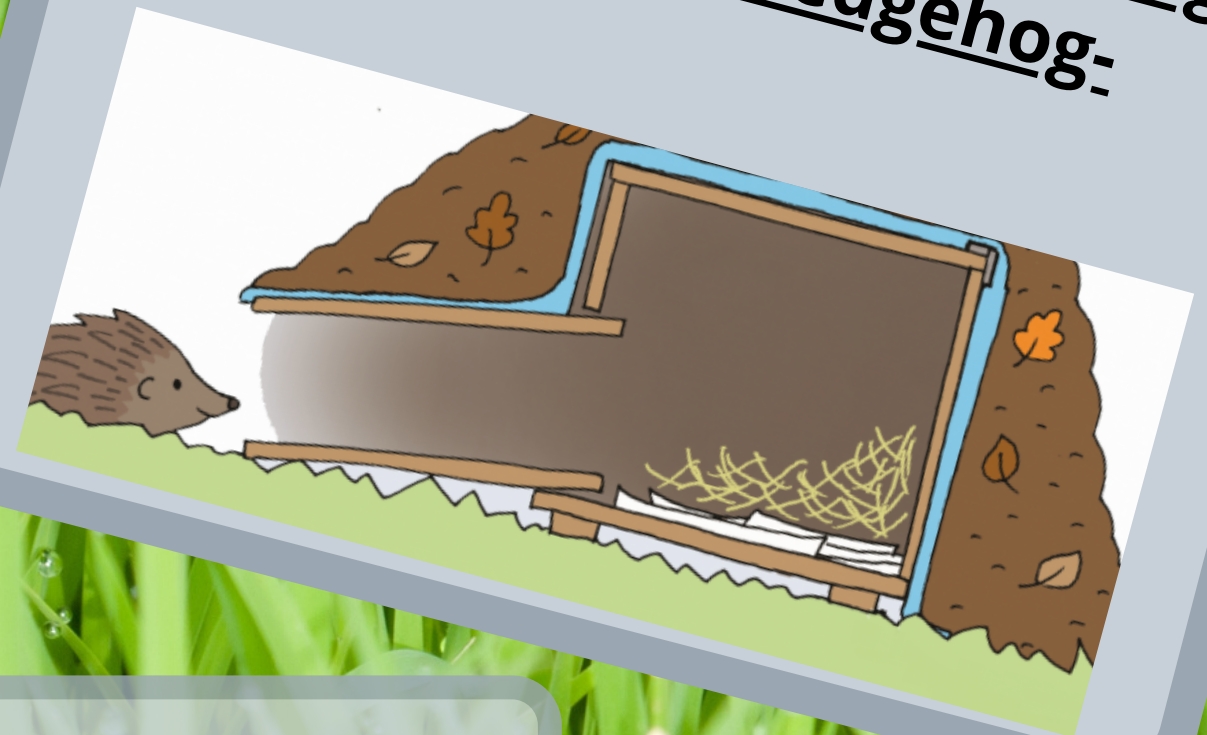
- Peas
- Kale, Cabbage
- Tomato, Courgette
- Autumn Leek
- Chives, Chamomile,
- Parsley

SOW FLOWERS OUTDOOR

- Calendula
- Cornflower
- Cosmos
- Nigela
- Sunflower

ENCOURAGING THE WILDLIFE

How about building a Hedgehog house, a feeding station and some tunnels for the edgehog to go around your garden safely? <https://www.wildlifetrusts.org/actions/how-build-hedgehog-home>



TIPS

Have a look at Companion Planting to protect and get better crops or here

APRIL

VEGETABLES TO SOW OUTDOOR

- All the ones from March plus:
- Beetrots
- Potatoes
- Chard, Spinach
- French beans
- Chives, Chervil,
- Coriander, Sorrel

TO SOW INDOOR

- All the one from March plus:
- Sweet Corn
- Hyssop, lovage

SOW FLOWERS OUTDOOR

- All the same from March plus:
- Candytuft
- Chrysanthemum
- choose to sow cut flowers

ENCOURAGING THE WILDLIFE

Collect leaves, sticks, bamboo cans, newspapers.. to build a bee and insect hotels. You can use a clean metal can for this. You can attach it to trees or balconies. How to do it [here](#) or [here](#).

If you have fruit trees you could start a [tree guild system](#) to protect and encourage better growth.

TIPS

Don't forget to turn your compost.
Learn about compost [here](#)

MAY

**VEGETABLES TO
SOW OUTDOOR**

- Same as in April, plus:
- Winter Leek
- Carrots, Turnips
- Peas
- Green Leaves (Land Cress, Oriental Green)

SOW FLOWERS OUTDOOR

- All the same from March plus:
- Candytuft
- Chrysanthemum
- Cut flowers

**ENCOURAGING
THE WILDLIFE**

Build bird baths reusing material.



TIPS

Plants grown in pots indoor can be transplanted on cloudy/rainy days. Give them plenty of water.

JUNE

VEGETABLES TO SOW OUTDOOR

- The same veg as the previous months.
- Sow every two/three weeks.
- Weed between your rows
- Protect your crops

SOW FLOWERS OUTDOOR

- you should start to see some growth by your flowers

ENCOURAGING THE WILDLIFE

Sit outside observe and record what you see and hear... Insects, animals, invertebrates, flowers...

If you ave fruit trees you could start a fruit tree guild to encourage better growth and protect crops. The tree guild can be started whenever.

TIPS

You should be able to start to harvest Spring onions, Radish, Strawberries, Artichoke