



## GROW YOUR OWN LETTUCE

### **SALAD KIT.**

If you do not have a kit you can source these from garden centres.

- ✓ Three packs of seeds for rocket, mizuna and red cos, widely available from gardening centres.
- ✓ A bag of seedling or sowing compost, widely available from gardening centres.

### **INSTRUCTIONS:**

- 1 Take some seedling compost and rub it between your fingers and into the pot. This will break up the compost and ensure it is nice and fine. Once you have filled the pot with compost, drop it gently from 2cm above the floor to allow the compost to settle.  
  
Be careful not to drop too hard or from too high or your compost will end up all over the floor!
- 2 Place the pot of compost into the accompanying saucer. Add a small quantity of water to the saucer so that the compost can absorb it from underneath.
- 3 Plant five seeds for one of your salad varieties in the pot and press into the top of the wet compost. Take a pinch of compost and lightly cover the seeds. Repeat with the other salad varieties in separate pots - only plant one variety of seed in each pot.
- 4 Place the pot in its saucer on a windowsill in a sunny spot where it can get lots of light.
- 5 Water with small quantities daily, monitor how dry the soil is to touch and add more or less water if necessary. Always water from the bottom by adding water to the saucer. Make sure the pots are not sitting in water, if they are then this is too much water. The compost should be able to absorb the water easily.
- 6 It will take from 2-4 weeks for your salad leaves to grow. The leaves should grow to around 6-8cm in height. To help the plants grow stronger, you can gently brush the leaves with an A4 piece of paper across the top to mimic the wind.
- 7 At harvest time, cut the leaves rather than pulling. The stems will often sprout fresh leaves – the more you pick, the more the plant grows tasty leaves!
- 8 Make your own fresh salad by washing the leaves under running water. Rinse well and use in your own salad. Enjoy!



CAMPAIGN FINANCED  
WITH AID FROM THE  
EUROPEAN UNION

**LeafySalad**  
The Easy Healthy Choice



THE EUROPEAN UNION  
SUPPORTS CAMPAIGNS THAT  
PROMOTE A HEALTHY LIFESTYLE

**ENJOY  
IT'S FROM  
EUROPE**

