

Grow Your Own Food

Growing your own food is great fun and good for wildlife too.

To prepare your pot, make sure it has holes in the bottom for drainage. Put some stones in the bottom to help with this. Use peat-free multi-purpose compost to fill the pot. Ask for it at your garden centre. Put lots of manure in if you can get it.

Potatoes need more earth than some other plants, but you can grow them successfully in tyres or anything of similar size.

Strawberries- you can buy strawberry plants and plant them in pots in late spring- the fruit will hang down over the edges for a delicious harvest. You can also get special pots with big holes in for strawberries. Hanging baskets are also suitable.



Tomatoes- some varieties of tomatoes can be grown outdoors, including trailing tomatoes. Why not try growing them in a hanging basket.

Runner beans- grow these with a wigwam of bamboo canes for support. The flowers are pretty and attract wildlife, and the beans will be tasty. Pick them while they are still tender.

Dwarf Beans- are delicious and surprisingly easy to grow from seed. Try ones that have lilac flowers and dark purple pods, which turn green when cooked.

What	When to Sow or Plant	When To Harvest
Courgettes	Sow in May	Late Summer
Dwarf French Beans	Sow from May	From July
Potatoes	Plant tubers from March	From June
Runner Beans	Sow in May	Late Summer
Salad Crops	Sow in March	Four Weeks after sowing
Strawberries	Plant from late Spring	Midsummer onwards
Tomatoes	Sow indoors mid-April Plant out early June	Late Summer