

Growing Indoor Crops in Late Winter

Its exciting to be able to start growing again and harvesting some crops for the dinner table.

You can get some really early crops to use as fresh garnishes and in salads.

Indoor light levels are critical for some crops, but sprouting seeds can be grown as early as you like while cut-and-come-again crops should be delayed until late February when light levels naturally increase.

What you'll need

microgreens can be bought as complete kits or use a **shallow dish** and damp **kitchen roll** to spread the seeds onto.

Cut-and-come-again crops can be planted in **shallow bowls** filled with **seed & cutting compost**, sow the **seeds** directly onto compost.

Forcing clumps of garden herbs can be **dug up** and planted into **pots** with a good **multipurpose compost**

Establish **Evergreen Herbs** in your garden for future winters - parsley, rosemary, thyme, bay and sage



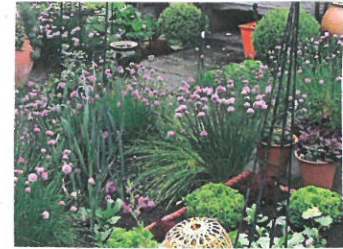
Which crops you can try growing

Forcing Crops

Mint – dig up a clump of mint from the garden and pop it into a flowerpot. You may need to cut out a wedge from a big clump and pack side gaps with compost. Sit inside on a sunny windowsill and treat as houseplants.

Chives – dig up a clump and treat like mint (above).

Rhubarb – the simplest way to force early stems is to cover a clump in the garden with a pot or bucket to cut out all light. Do this in January.



Sprouted seeds

These seeds just need some warmth to sprout and are a divine addition to salads and as garnishes any time during the winter. Try seeds of **beetroot, fenugreek, mustards, pea tendrils, rocket, cress, basil, radish, spinach**. Grow in a jar or on wet kitchen towel.



Cut-and-come-again

Sow seeds into shallow pots of seed & cutting compost covering the seeds with a light sprinkling of the compost. Water and sit on a warm windowsill from late February onwards. Cut just what you need when 4" (10cm) tall and you'll get two or three crops from each sowing. Try **rocket, spicy oriental mixes, mustards, different coloured lettuces**.

Winter Bouquet Garni

Make use of any evergreen herbs you have growing in the garden to flavour casseroles, stocks, sauces & soups. The classic bouquet garni has sprigs of bay, rosemary and parsley tied together. Try varying the flavour with a strip of leek, celery, thyme or sage.

purple piglet project



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