

# Bay



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Suggested species: *Laurus nobilis* (botanical name)

## Herbs

### PLANT



Plant bought bay or 'rooted cuttings' taken in summer. Can also sow seed in autumn (rub first with sand to speed up germination). Choose well drained soil in sunny sheltered site

### GROW



Keep well watered until established. Pinch out growing tips to encourage bushy plants. Shorten stems for desired shape and size. Will crop year after year

### EAT



Pick leaves year round for use fresh or in summer for drying. In very cold areas, protect with horticultural fleece over winter or move container grown plants indoors

### Growing guide

Easy!

Average growing period  
4 wks (bought); 24 months (seed)

Equipment needed  
Horticultural fleece

Germination time  
5-12 months

Average plant size  
Up to 5m tall, 3m wide

Family group to grow with  
Miscellaneous

Seed saving group  
5 - Specialist or not applicable

Key nutritional content  
Dried: calcium, iron, zinc, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

■ Use cloche

2.5cm = 1 inch 30 cm = 1 foot