

# Salad, Autumn and Winter

## Vegetable

Suggested varieties: Chicory, Claytonia, Corn Salad, Land Cress, Lettuce

### PLANT



Sow seed 0.5cm deep in pots or rows. Thin seedlings or transplant, giving more space to produce bigger plants (eg 5cm for seedling crops; 15cm for mature plants)

### GROW



Keep soil moist, but not too wet to prevent rotting. Plants are more reliable if protected by a cloche, greenhouse or horticultural fleece (ventilate well)

### EAT



Use thinnings or cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times). Cut outer leaves of semi-mature plants or whole salad heads

### Growing guide

Easy!

### Average time to harvest

4-12 weeks

### Equipment needed

Horticultural fleece

### Germination time

3-12 days

### Average plant size

20cm tall and wide

### Family group to grow with

Various

### Seed saving group

I - Annual, self-pollinating

### Key nutritional content

Vitamin C, iron

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

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