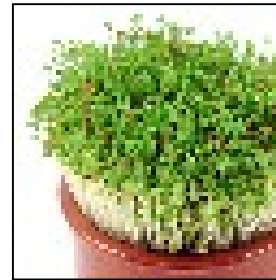


## Growing Guidance for the Children's Classes

### Tub of Cress

#### **Sowing Deadline - 6 August**

Cress is very easy to grow indoors. It only takes about two weeks. Just sprinkle the seed onto wet kitchen paper in a recycled salad or coleslaw container etc.. Cover the pot until the seeds start to grow then bring the container into the light and keep the paper damp.



### Bunch of Radishes

#### **Sowing Deadline: mid-July**

Sow your seed thinly 1.5cm deep directly into well prepared soil outside, or alternatively sow thinly in pots. They will take 4-5 weeks to grow. For the show choose your best radishes, wash the soil off but do not cut off the roots. Tie the radishes in a bunch then cut off the top half of the leaves. Top tip! Radishes do like lots of water.



### Tray of Salad Leaf Plants

#### **Sowing Deadline: mid-July**

Salad leaves take about 4-5 weeks to grow. Use a half-sized potting tray which measures about 15cm x 22cm or use a recycled plastic supermarket tray about that size. Sow the seed, cover lightly with compost and then thin out the plants to give them room to grow.

