

## Find Out More

For simple, trustworthy growing advice:

- **RHS Gardening**

[www.rhs.org.uk](http://www.rhs.org.uk)

The UK's leading gardening charity. Brilliant beginner guides, easy veg instructions and containergrowing tips.

- **BBC Gardeners' World**

[www.gardenersworld.com](http://www.gardenersworld.com)

Clear, practical advice with videos and stepbystep guides for new growers.

- **Garden Organic**

[www.gardenorganic.org.uk](http://www.gardenorganic.org.uk)

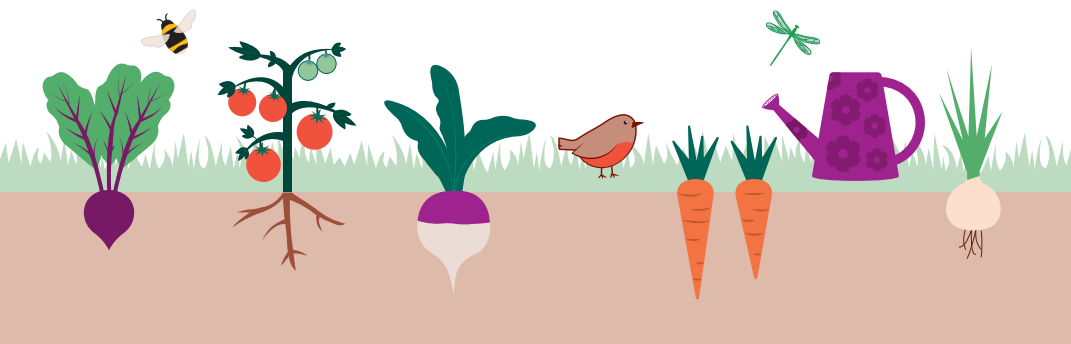
Great for lowcost, ecofriendly growing. Lots of simple "how to" guides.

- **The Wildlife Trusts**

[www.wildlifetrusts.org/gardening](http://www.wildlifetrusts.org/gardening)

Easy tips for wildlifefriendly growing - perfect for small spaces.

[www.foodcumberland.org.uk](http://www.foodcumberland.org.uk)



**Cumbria**  
Wildlife Trust



## Grow your own at home

Growing some of your own food is easy and rewarding. A windowsill, doorstep, balcony, or small yard is all you need.

### Why Give It a Try?

- **Save Money** - One packet of seeds goes a long way.
- **Fresh Flavour** - Homegrown tastes better.
- **Feel Good** - Growing plants is therapeutic and rewarding.
- **Reduce Waste** - Pick only what you need.

### How to Start (StepbyStep)

- 1 **Grow what you like to eat.** Select what you actually enjoy - it makes growing and eating far more rewarding!
- 2 **Don't be overambitious.** Choose one or two from the list - starting small is easiest.
- 3 **Find a container.** Yoghurt pots, tins, buckets, old tubs - anything with drainage holes works.
- 4 **Add compost.** We'd encourage you to use peatfree compost.
- 5 **Sow your seeds.** Read the instructions on the packet. Sow a pinch of seeds, cover with a thin layer of compost and water gently. Give them light - a sunny windowsill or bright outdoor spot is ideal.
- 6 **Water a little.** Keep soil damp, not soaked. Most easy veg need a small drink.
- 7 **Harvest and enjoy.** Pick what you need, when you need it - fresh and homegrown.

# Easy Veg Growing Planner

| Vegetable                              | Sow Indoors | Sow Outdoors                     | Plant Out   | Harvest                           | Tips                                                                                          |
|----------------------------------------|-------------|----------------------------------|-------------|-----------------------------------|-----------------------------------------------------------------------------------------------|
| Salad Leaves                           | –           | March - September                | –           | April - October                   | Snip outer leaves as they grow – they'll regrow again and again                               |
| Radishes                               | –           | March - August                   | –           | April - October                   | Leaves can be used for salad too                                                              |
| Spring Onions                          | –           | March - July                     | –           | June - October                    | Use the greens in salads                                                                      |
| Herbs (basil, chives, coriander, mint) | Anytime     | March - June                     | May - June  | May - October                     | You could start with a supermarket plant and divide the plant into four pots – it will thrive |
| Potatoes                               | –           | March - May                      | – –         | June - September                  | Potatoes can be grown in a bag if you don't have space                                        |
| Peas                                   | –           | April - May                      | April - May | June - August                     | Keep well-watered                                                                             |
| Beetroot                               | –           | April - July                     |             | June - October                    | Use the leaves for salads                                                                     |
| Courgettes                             | May         |                                  | June        | July - September                  | Keep well-watered and harvest regularly                                                       |
| Spinach                                |             | March - May & August - September | –           | April - June & October - November | Harvest young leaves for salad                                                                |
| Pumpkin                                | May         |                                  | June        | October                           | Keep well-watered                                                                             |

**Sow indoors** = windowsill pots or trays.

**Sow outdoors** = directly into pots, tubs, or soil.

**Plant out** = move seedlings outside once frost risk drops (usually May in Cumbria).

Harvesting varies slightly with the weather. Cumbria's cooler climate suits many of these crops well.

