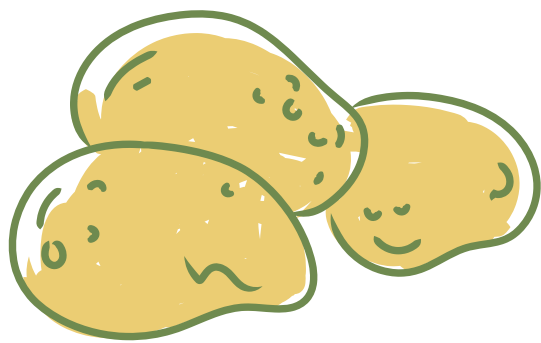
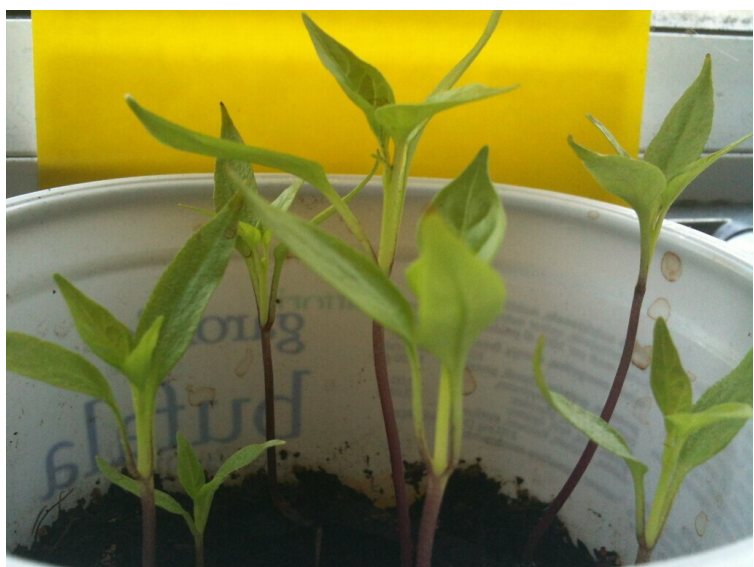


March and April are the perfect time to sow vegetables: the fastest growing plants for quick satisfaction are green leaved spinach, herbs, salad and cress.

In May and June sow warmer climate plants such as sweetcorn, cucumber and squash.



Growing!



You can make pots out of yoghurt pots, rolled newspaper or toilet roll tubes as long as you create a base with some drainage.

Or you can sow directly to the soil, just make sure you've broken up big clumps to make a crumbly soil texture. If slugs are a problem try protecting special seedlings with plastic bottles with the bottoms cut off as mini cloches.



And if you're all out of compost and seeds don't worry - try sprouting vegetables from kitchen scraps. This works with spring onions, lettuces, celery and leeks.

See <https://www.youtube.com/watch?v=4MgRuLV-3Dk>



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