

# INFORMATION

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This season, we have chosen five vegetables for you to **HAVE A GROW** With 3 Easy Steps To Success

## Tomatoes

1. Sow seed indoors in pots or trays using seed compost (**greenhouse crops** January to March and **outdoor crops** March to April). Sow thinly and cover lightly with a thin layer of compost. Keep moist at a temperature of 15-20°C.



Seedlings appear after 7-14 days. Plant into individual pots when approx. 7cm tall. Keep at 15°C. **For greenhouse crops:** transplant to large pots or growing bags from April to May. **For outdoor crops:** stand out in late May (avoid frost) and then plant in sunny position in large pots or growing bags.

2. Pinch out side shoots regularly and the growing tip once 4-6 flower trusses have formed. Provide support and tie up when necessary. Keep moist and feed regularly with a tomato food once first flowers have set.
3. Harvest greenhouse crops from June to October and outdoor crops from August.



## Basil



1. Sow indoors from March to April. Plant all Summer long into a pot or trough and keep on the window sill. From our experience, only grow Basil indoors.
2. Grow in John Innes compost and keep moist and frost free.
3. Pick the leaves as required. In cooking, add at the last minute to retain the flavour.

## Potatoes...

in a potato bag or large pot

1. In April, fill the bag/pot with organic growing compost to approx 30cm from the top. Place 3 to 5 sprouting seed potatoes on the compost and cover with 10cm compost. Keep moist. When the potato leaves push through the compost, cover with a n o t h e r 1 0 c m of compost. Repeat this a second time.
2. When the leaves are about 20cm above the pot, feed every 10 days with organic potato and vegetable food and keep well watered.
3. Harvest once the flowers have opened, usually 9 to 12 weeks after planting.



**TOP TIP...** To avoid potato blight, keep your container in a sunny spot and water directly into the compost, not on the foliage.

## Potatoes...

in the ground

1. Plant out in April in a trench 12cm deep; you can add some compost to the trench. Space them 30cm apart and in rows 60cm apart.
2. When the stems are about 23cm high, start 'earthing up' by carefully drawing soil up to the stems and covering to produce a flat-topped ridge about 15cm high; this can be done little and often or in one go. Keep crops well watered in dry weather; the vital time is once the tubers start to form. A liquid feed of a balanced general fertiliser every fortnight can help increase yields.
3. Harvest once the flowers have opened, usually 9 to 12 weeks after planting.

