

# Easy Grow Vegetable Plants

## GROWING INSTRUCTIONS

### On Receipt

Remove the plants from the packaging immediately upon receipt. Check the compost is moist and water if necessary. All the vegetable plants can be planted immediately into a moist soil in the garden, provided conditions are suitable. Once planted water well to settle the soil around the plants.

### Soil Preparation

Vegetable plants require a well drained soil in a sunny position that has ideally been dug in the autumn. Prior to planting lightly fork over the area removing any weeds that have grown, and break down any large lumps. Apply a general fertilizer such as Growmore and rake into the surface. During the growing period keep the plants well watered in dry spells and keep weeds under control.

**Artichoke, Globe** - Choose a sunny position and plant 60cm (2ft) apart in rows 120cm (4ft) apart. Keep the plants well watered in dry weather and apply a liquid fertilizer at fortnightly intervals. In late autumn apply a mulch of leaves or straw which is left in place until April when it should be removed. The productive life of the plants is 4 years.

**Bean, Broad** - Grow in a sunny position 23cm (9") apart and the same distance between rows. Keep the plants watered when the pods start to swell, when the plants are in full flower pinch out the tops to encourage well filled pods and to deter blackfly.

**Bean, Dwarf French** - Plant 15cm (6") apart in rows 45cm (18") apart. Dwarf French beans can also be grown in large containers, use a good quality potting compost and keep well watered during the growing season. Feed with a liquid tomato fertilizer. Harvest the beans regularly to encourage further pod production.

**Bean, French Climbing** - The plants will grow to a height of approximately six feet. Construct a frame work or wigwam using bamboo canes so that the plants can be spaced 23cm (9") apart in the row and 45cm (18") between rows. Pick regularly to produce a large crop and feed with high potash liquid fertilizer.

**Bean, Dwarf Runner** - Plant 23cm (9") apart with 60cm (24") between the rows or in large containers. Keep the plants well watered when they are flowering to encourage good setting. Pick regularly and feed with a high potash tomato liquid fertilizer.

**Beans, Runner Climbing** - Plant into well prepared moist soil spacing at least 12" apart and alongside a supporting cane or net. As the plants grow they may need a little encouragement to find the support after which they should climb readily. Keep well watered particularly as flowers appear and afterwards as pods develop. Pick regularly as pods fill. Do not allow old pods to stay on the vine as this will discourage further pods forming.

**Beetroot** - If the plugs contain more than one seedling gently tease apart avoiding damage to the roots. Space the plants 10cm (4") apart in the row and 30cm (12") between rows. When harvesting twist off the foliage 5cm (2") above the root to prevent it bleeding.

**Brassica PetitPosy™ (Flower Sprout)** - Grow petit posy in a sunny position sheltered from strong winds. In exposed gardens the plants will eventually need staking. Plant firmly 60cm (24") apart in each direction. Harvest from late Oct right through until April. Stir fry and steam for best results when cooking.

**Brussels Sprouts** - Grow Brussels in a sunny position sheltered from strong winds. In exposed gardens the plants will eventually need staking. Plant firmly 60cm (24") apart in each direction in a very firm soil to ensure tight, solid sprouts form. Harvest the sprouts from the bottom of the plant working upwards as they mature.

**Broccoli** - Plant firmly 60cm (24") apart in each direction. Keep well watered especially early in the season to ensure good heads. Once the main head has been cut numerous side shoots will be produced to extend the harvest period.

**Cabbage** - Grow in a sunny position, planting firmly in a free draining moisture retentive soil. Plant summer/autumn maturing varieties 45cm (18") apart in each direction and winter maturing varieties 60cm (24") apart in each direction.

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### Soil Preparation

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**Artichoke, Globe** - Choose a sunny position and plant 60cm (2ft) apart in rows 120cm (4ft) apart. Keep the plants well watered in dry weather and apply a liquid fertilizer at fortnightly intervals. In late autumn apply a mulch of leaves or straw which is left in place until April when it should be removed. The productive life of the plants is 4 years.

**Bean, Broad** - Grow in a sunny position 23cm (9") apart and the same distance between rows. Keep the plants watered when the pods start to swell, when the plants are in full flower pinch out the tops to encourage well filled pods and to deter blackfly.

**Bean, Dwarf French** - Plant 15cm (6") apart in rows 45cm (18") apart. Dwarf French beans can also be grown in large containers, use a good quality potting compost and keep well watered during the growing season. Feed with a liquid tomato fertilizer. Harvest the beans regularly to encourage further pod production.

**Bean, French Climbing** - The plants will grow to a height of approximately six feet. Construct a frame work or wigwam using bamboo canes so that the plants can be spaced 23cm (9") apart in the row and 45cm (18") between rows. Pick regularly to produce a large crop and feed with high potash liquid fertilizer.

**Bean, Dwarf Runner** - Plant 23cm (9") apart with 60cm (24") between the rows or in large containers. Keep the plants well watered when they are flowering to encourage good setting. Pick regularly and feed with a high potash tomato liquid fertilizer.

**Beans, Runner Climbing** - Plant into well prepared moist soil spacing at least 12" apart and alongside a supporting cane or net. As the plants grow they may need a little encouragement to find the support after which they should climb readily. Keep well watered particularly as flowers appear and afterwards as pods develop. Pick regularly as pods fill. Do not allow old pods to stay on the vine as this will discourage further pods forming.

**Beetroot** - If the plugs contain more than one seedling gently tease apart avoiding damage to the roots. Space the plants 10cm (4") apart in the row and 30cm (12") between rows. When harvesting twist off the foliage 5cm (2") above the root to prevent it bleeding.

**Brassica PetitPosy™ (Flower Sprout)** - Grow petit posy in a sunny position sheltered from strong winds. In exposed gardens the plants will eventually need staking. Plant firmly 60cm (24") apart in each direction. Harvest from late Oct right through until April. Stir fry and steam for best results when cooking.

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**Broccoli** - Plant firmly 60cm (24") apart in each direction. Keep well watered especially early in the season to ensure good heads. Once the main head has been cut numerous side shoots will be produced to extend the harvest period.

**Cabbage** - Grow in a sunny position, planting firmly in a free draining moisture retentive soil. Plant summer/autumn maturing varieties 45cm (18") apart in each direction and winter maturing varieties 60cm (24") apart in each direction.

**Cauliflower** - Plant firmly in a firm soil, 45cm (18") between plants and 60cm (24") between rows. Keep well watered especially in the early stages to prevent the formation of small heads. Bend some of the large leaves over the head to protect it from the sun.

**Celeriac** - Plant 12" apart in rows 18" apart in moist humus rich soil. Provide plenty of moisture to the developing plants as this will give good size. Harvest as required through the autumn and winter.

**Celery** - Plant in a sunny position spacing the plants 23cm (9") apart in each direction. Celery is a hungry and thirsty crop, so keep the plants well watered during dry spells and feed regularly with a balanced liquid fertilizer.

**Chinese Cabbage** - Plant the Chinese cabbage 30cm (12") apart in rows 30cm (12"). They require a sunny position and a well drained soil. Keep the plants well watered in dry spells to prevent them prematurely running to seed. To obtain the best flavour they are best used in stir fries or steamed.

**Fennel (Florence)** - Florence fennel requires a sunny position and a sunny site. Plant 30cm (12") apart in rows 45cm (18") apart. When the base of the plant is the size of a golf ball, draw soil up around the base for added stability. Continue to do this until the base of the plant is the size of a tennis ball then harvest by cutting the base with a sharp knife.

**Kale, Curly** - Plant 60cm (2ft) apart in each direction. Grow the plants in a reasonably sunny spot. Remove any yellowing leaves. From autumn to spring harvest the young leaves as required, older leaves have a bitter taste. In spring apply a fertilizer to boost growth.

**Kohl Rabi** - The swollen stem bases of this interesting brassica have a nutty turnip like taste. Plant in well cultivated, moist, fertile soil at a spacing of about 9-12". Harvest when stems have reached a size between golf ball and tennis ball. Steam and eat as a vegetable or grate in salads.

**Leaf Beet, Perpetual Spinach** - A valuable alternative to spinach as it is less likely to run to seed on dry soils. It can be grown in either full sun or light shade. Do not remove any seedlings from the plug. Plant 23cm (9") apart in the row and 38cm (15") between rows. Pick the young foliage and cook as spinach.

**Leek** - The plugs may contain more than one seedling and they should be gently separated avoiding damage to the roots. The plants should be spaced 23cm (9") apart and 30cm (12") between the rows. Place in the bottom of a hole 15cm (6") deep. Do not cover with soil but gently fill the hole with water. The hole will naturally fill with soil as time passes which will produce the white stem. Applying a liquid feed will help to thicken the stem but this should be stopped by late August.

**Lettuce** - Should there be more than one seedling in the plug pinch out the weakest. Plant out in a sunny or lightly shaded spot 23cm (9") apart in each direction. Keep the plants well watered during dry spells.

**Onion** - Plant into warm soil in rows 30-45cms (12-15 inches) apart and 5-10cms (2-3inches) between plants. Keep well watered. As bulbs reach maturity the foliage will turn yellow, when this happens, fold the leaves over to encourage the bulb to ripen. When the leaves have dried out the onions can be pulled up and stored in a dry frost free room.

**Pea** - Plant in a free draining moisture retentive soil in a sunny position. The plugs contain a number of seedlings which should not be separated. Allow 7.5-10cm (3-4") between plants in rows 60cm (24") apart. The variety supplied grows to about 75cm (30") and should be supported with twiggly sticks or netting. Pick regularly when the pods are plump.

**Sweet Corn** - The plugs contain one or two young plants which should not be separated. Sweet Corn is wind pollinated and to ensure good pollination plant in blocks rather than rows. Space the plants 35cm (14") apart in each direction, plant so that the top of the plug is 2.5cm (1") below the soil surface. The roots of sweet corn will grow close to the surface, therefore do not hoe around the plants remove weeds by hand. The plants should be kept well watered especially when the cobs start to swell. The cobs are ready to harvest when the silk tassels on the end of the cob turn brown and a milky juice comes out of a fully developed grain when pressed with your thumbnail.

**Cauliflower** - Plant firmly in a firm soil, 45cm (18") between plants and 60cm (24") between rows. Keep well watered especially in the early stages to prevent the formation of small heads. Bend some of the large leaves over the head to protect it from the sun.

**Celeriac** - Plant 12" apart in rows 18" apart in moist humus rich soil. Provide plenty of moisture to the developing plants as this will give good size. Harvest as required through the autumn and winter.

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