

Borage



Borage

Suggested varieties: *Borago officinalis* (botanical name)

PLANT



Sow seed 0.5cm deep in rows (or scatter seed and rake in). Thin seedlings to 45cm apart. Avoid transplanting as plants dislike disturbance to tap root. Choose sunny site

GROW



Water in prolonged dry weather. Remove weeds. Tall stems may need staking (often when in more fertile soil). Will readily self-seed (grow by itself next year)

EAT



Pick flowers just after they open fully. Keep picking for more flowers. Can also pick young fresh leaves, but skin contact with leaves may irritate

Growing guide

Easy!

Average time to harvest

From 8 weeks

Equipment needed

Stakes

Germination time

10-20 days

Average plant size

60cm tall and wide

Family group to grow with

Miscellaneous

Seed saving group

I - Annual, self-pollinating

Key nutritional content

Vitamin C, calcium and iron

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors
 ■ Sow outdoors
 ■ Plant out/transplant
 ■ Harvest
 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Nasturtium



Nasturtium

Suggested varieties: *Tom Thumb, Wina, Whirlybird Mixed*

PLANT



Sow seed 1.5cm deep in pots or rows. Thin or transplant seedlings to 20cm apart. Choose sunny site; avoid very fertile soil to prevent excess leaves with few flowers

GROW



Keep well watered in dry weather. Wash off any 'aphid' pests on leaves and pick off caterpillars; cut back plants if the attack is severe

EAT



Pick flowers just after they open fully. Keep picking and remove seed heads to encourage more flowers. Young leaves are also edible

Growing guide

Easy!

Average time to harvest

From 8 weeks

Equipment needed

None

Germination time

10-20 days

Average plant size

30cm tall, 45cm wide

Family group to grow with

Miscellaneous

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Low calorie complement

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

⏏ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Marigold, French



Marigold, French

Suggested varieties: *French Dwarf Double Mixed*

PLANT



Sow seed 0.5cm deep in pots and transplant seedlings when growing strongly to 20cm apart. Choose sunny site and fertile soil

GROW



Water in prolonged dry weather. Remove seed heads. Plants can deter garden pests, eg 'whitefly' from indoor tomatoes if planted underneath. Leaves are aromatic

EAT



Pick flowers just after they open, removing whiter part from petal where attached to flower (can be bitter). Keep picking to encourage more flowers. Young leaves are edible

Growing guide

Easy!

Average time to harvest

From 8 weeks

Equipment needed

None

Germination time

7-14 days

Average plant size

15-30cm tall and wide

Family group to grow with

Asteraceae: lettuce, chicory

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Low calorie complement

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	M	J	J	A	S	O	N	D
			■	■	■						
						■	■	■			

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

🏠 Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Marigold, English (Pot)



Marigold, English (Pot)

Suggested varieties: *Calendula officinalis*, Double Art Shades

PLANT



Sow seed 0.5cm deep in pots or rows. Thin or transplant seedlings to 20cm apart. Choose sunny site and reasonable well drained soil

GROW



Remove growing tips to encourage bushiness. Cut off seed heads to prevent excessive 'self-seeding' (growing by itself next year). Open flowers forecast a fine day ahead

EAT



Pick flowers just as they open, stripping and using petals. Keep picking to encourage more flowers. Young leaves are also edible

Growing guide

Easy!

Average time to harvest

From 10 weeks

Equipment needed

None

Germination time

7-14 days

Average plant size

30-60cm tall and wide

Family group to grow with

Asteraceae: lettuce, chicory

Seed saving group

2 - Annual, can cross-pollinate

Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

⏏ Use cloche

2.5cm = 1 inch 30 cm = 1 foot

Sweet Violet



Sweet Violet

Suggested varieties: *Viola odorata* (botanical name)

PLANT



Sow seed on soil surface in pots in autumn; will germinate in spring. Transplant when growing strongly to 15cm apart. Prefers partial shade and fertile soil

GROW



Remove growing tips to encourage bushiness. Cut back stems in autumn. Can grow outdoors for years; divide and replant old clumps in autumn. Flowers turn to face the sun

EAT



Pick sweetly scented flowers in late winter and spring. Keep picking for more flowers. Eat sparingly. Summer flowers of *Viola tricolor* (wild pansy) are also edible (pictured right)

Growing guide

Easy!

Average time to harvest

From 12 months

Equipment needed

None

Germination time

Overwinter

Average plant size

15cm tall, 30cm wide

Family group to grow with

Miscellaneous

Seed saving group

5 - (Perennial, can cross-pollinate)

Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest

🏠 Use cloche

2.5cm = 1 inch 30 cm = 1 foot