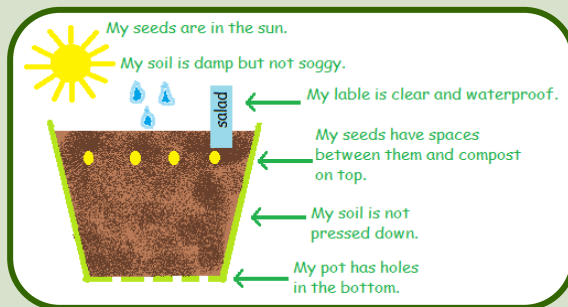


Salad



Salad leaves are great to grow on a windowsill. You can plant them from the **end of February** onwards. More leaves will just keep growing, and if they run out you have plenty more seeds to plant!

- 1) Fill your pots with compost to 2.5cm below the rim. Don't pack the compost down, seeds grow best if it is loose.
- 2) Open your packet of mixed lettuce seed carefully and sprinkle a little over the compost. Aim for about one seed every 2.5cm. (Don't worry if there are too many seeds in the same place you fix this when they grow). Save some seeds for sowing another time.
- 3) Label the pot so you know what's in it. You can use lolly sticks, strips cut from yoghurt pots or tape labels to the pot. Make sure the ink is waterproof!
- 4) Lightly cover the seeds with a little more compost. Not too much, little seeds don't need to be deep.
- 5) Water with a gentle spray of water until the compost is damp but not soggy.
- 6) Put your pots on a sunny windowsill.
- 7) Keep an eye on your pots and water when needed. You should see little shoots within 2-14 days.
- 8) When the plants are 5cm high you can 'thin' the plants so there is at least 5cm between them. Snip off the leaves at soil level of the plants you are taking out. You can eat the leaves.
- 9) Harvest one or two leaves from each plant regularly once they reach 10-15cm high. Be careful not to take too many from one plant, this way they will keep growing and producing for many weeks.



Top tip: Once the plants are finished you can empty out the compost and replace it with fresh and start again. You can even sow a set every 3 weeks to have fresh leaves all year!

Carrots



Lovely crunchy carrots will grow happily in a large container outside. Plant them from the **end of April** onwards. Put them somewhere you can see them so you remember to check on them!

- 1) Choose a larger container at least 30cm/12" deep and find a sunny space for it outside where you will see it everyday.
- 2) Fill with compost or soil to 5cm below the top of the container. Don't squash it down!
- 3) Use a hoe or a stick to draw lines across the top of your container. Your lines should be the whole length of the container, and about 30cm apart. These lines are called drills.
- 4) Use a watering can or a jug to pour some water into each drill. It should be nice and wet before the seeds go in!
- 5) Sprinkle your seeds in a very thin line along the whole length of your drill.
- 6) Cover the drills up with another layer of compost and water it well.
- 7) Keep the compost damp but not to wet while your seeds grow.
- 8) When your plants are about 5cm high you need to thin them out. One plant every 5cm is best, so very gently pull out all the other shoots.
- 9) Carrots will take **12-18 weeks** to reach a good size, check after 12 weeks by gently moving away the soil at the base of the leaves to see the top of the carrot.
- 10) When they are big enough, pull them up and eat them!



Top tip: Carrots keep well in the ground so leave them there till you want to eat them!

Perpetual Spinach



*Perpetual spinach is the same family as beetroot. It copes better with Shetland's long days than true spinach. Sow it in **mid May** outdoors or from **mid July** undercover.*

- 1) Choose a larger container at least 30cm deep and site it outside where you will see it everyday.
- 2) Fill with compost or soil to 2.5-5cm below the top edge.
- 3) Use a hoe or a stick to draw lines across the top of your container. Your lines should be the whole length of the container, and about 30cm apart. These lines are called drills. Follow the QR code and go to 'direct sewing' to see how to do it!
- 4) Use a watering can or a jug to pour some water into each drill. It should be nice and wet before the seeds go in!
- 5) Sprinkle your seeds in a very thin line along the whole length of your drill.
- 6) Cover the drills up with another layer of compost and water it well.
- 7) Keep the compost damp but not too wet.
- 8) Thin plants to 15cms apart once 10cm high, be careful not to disturb the plants you are leaving behind too much.
- 9) Cut a few leaves from each plant to eat once the plant is big enough.
- 10) You can keep taking a few leaves each week until the end of September outside, or October undercover. Outside plants occasionally survive the winter and come back in spring but it depends on the weather.
- 11) Undercover from October until February, only cut one or two leaves from each plant every 4-6 weeks.
- 12) In February your plants will start to grow fast again and you will be able to harvest leaves every 1-2 weeks until May, when the plants will start to flower.



Top tip: if you have an undercover growing space you can organise your sowings so you can eat them all year round. If you would like to grow true spinach, sow it undercover in August and eat it through the autumn and winter.

Beetroot



*Beetroots grow well outside in Shetland. Sow from the **end of April** onwards. This needs you to make seed drills. If you're not sure watch our video by following the QR code to direct sewing.*

- 1) Choose a larger container at least 30cm deep and site it outside where you will see it everyday.
- 2) Fill with compost or soil to 2.5-5cm below the top edge.
- 3) Use a hoe or a stick to draw lines across the top of your container. Your lines should be the whole length of the container, and about 30cm apart. These lines are called drills.
- 4) Use a watering can or a jug to pour some water into each drill. It should be nice and wet before the seeds go in!
- 5) Sprinkle your seeds in a very thin line along the whole length of your drill.
- 6) Cover the drills up with another layer of compost and water it well.
- 7) Keep the compost damp but not too wet.
- 8) Thin plants to 10cms apart once 10cm high, be careful not to disturb the plants you are leaving behind too much.
- 9) Beetroot will take 14-20 weeks to reach a good size, although you can pull them up and eat them at any size.
- 10) Leave in them ground until you want to eat them.



Top tip: Like carrots, beetroot it is a root vegetable and can sit in the soil overwinter until you want to eat it.

Peas



Is there anything nicer than a pea in a pod? Plant these in a large outdoor container from **the end of April onwards** for delicious peas in the summer.



- 1) Choose a big pot or fish box and find a sunny space for it outside where you will see it everyday.
- 2) Fill with compost or soil to 5cm below the top of the container. Don't squash it down!
- 3) **For round pots.** Use your finger to make a circle of little holes in the surface of your compost. The holes should be about 5cm from the edge of the pot and 5cm apart.
- 4) **For rectangular pots:** Use your finger to draw lines across the compost in your pot. The lines should be about 8cm apart (this is about as long as a small hand). Pop seeds into this line about 5cm apart.
- 5) Cover your seeds up with a thin layer of compost and water well.
- 6) Keep an eye on your peas, the compost should be damp but not soggy.
- 7) Once the peas are about 10cm high, use bamboo canes or strings to support them. You can build a tepee if using a round pot or use single canes if in rows.
- 8) First your peas will grow flowers, then you will see pea pods! This can take up to **4 months** so don't worry.
- 9) Use your fingers to feel the pods. When the peas feel the right size pick them and eat them!
- 10) Pick them as soon as they are ready for the best flavour and to encourage more to grow.



Top tip: Building a tepee can feel tricky, but your peas won't mind if it is wonky! You can find instructions and ideas online.

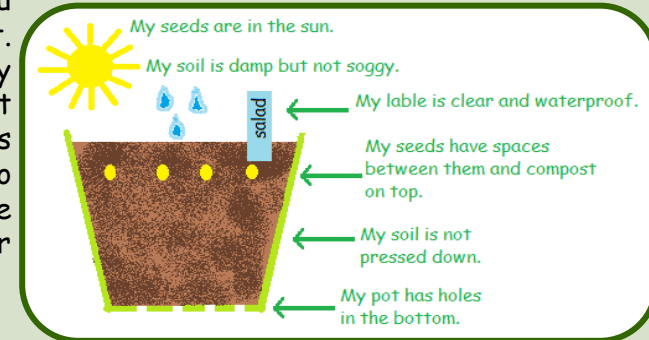
Radishes



Yummy crunchy radishes are great in a salad! If you want them outside, plant in **mid May**. If they are inside plant **February**. They can be ready in 6 weeks!



1. Choose a big pot like a fish box, bucket or raised bed.
2. Fill your pots with compost to 2.5cm below the rim. Don't pack the compost down too much, seeds grow best when the soil is loose.
3. Sow seeds 1cm deep and 5cm apart.
4. If you are sowing in rows leave at least 15cm between rows.
5. Cover lightly with soil and water.
6. Label the pot so you know what's in it. You can use lolly sticks, strips cut from yoghurt pots or tape labels to the pot. Make sure the ink is water proof!
7. Keep an eye on the pots and water if they feel dry.
8. The radishes should be ready to pick in 6 weeks.



Top tip: They can be used as a quick crop in between rows of plants that take a long time to be ready (cabbage for example), or to fill a space before or after you use it for another crop. From April to October radishes only take 6 weeks to grow big enough to eat, but will be slower November to March to reach a good size.

Parsley

Parsley is a delicious herb that you can use in salads or cooked dishes. Sow it in pots inside from late **February to mid-October**. Or directly into your outside bed in **May through to July**.



1. Choose a pot if you are planting inside, or a bed if you are planting outside.
2. Fill your pots with compost to 2.5cm below the rim.
3. Sow seeds 1cm deep and 15cm apart, put 2-3 seeds in each spot.
4. If you are sowing in rows leave at least 30cm between rows.
5. Label your pots clearly with a waterproof label.
6. Cover lightly with soil and water.
7. Keep moist, it can take up to 3 weeks for the seedlings to come through.
8. When the plants are 5cms high, thin to one plant at each spot.
9. You can start taking a few leaves once the plant is 15cm across. Don't take too much at first.
10. Once the plants are 3-4 months old you can take a lot of leaves at a time and they will still grow back.



Parsley can be slow to start from seed. It can take what seems like ages to show, but it will keep growing for a long time.

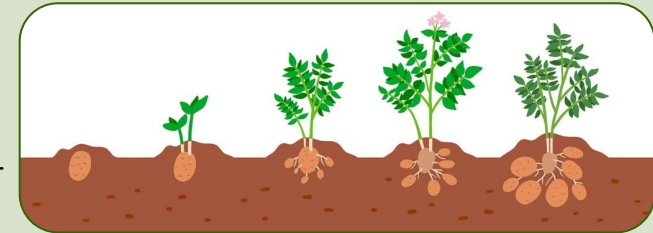
Top tip: Plants that are growing outside in October can be lifted and placed in pots and taken indoors. With regular watering they will sit happily through the winter on your windowsill and give you enough to cut again from mid-March. Parsley takes two years to flower so any plants kept from the year before will produce flowers in the summer. These are good to have around for pollinating insects.

Tatties

Tatties are easy to grow, although they can take up a lot of space. They can be grown in large pots, bags, tyres and bigger beds. Planting seed tatties in **mid-August** undercover will give you tatties at Christmas.



1. Choose a deep container, bag, two tyres piled on top of each other, a raised bed or open ground.
2. Fill your chosen container with 15-30cm of compost, or make a hole in your bed 15cm deep.
3. Decide if you want maincrop or early tatties. Early will be ready sooner, but maincrop will be bigger!
4. Add your seed tatties, 1-2 in your container, or plant early tatties about 30cm apart with 50cm between the rows, and maincrops about 40cm apart with 75cm between the rows.
5. Cover the seed tatties with 15cm of compost or soil.
6. Water well and keep moist while they grow.
7. Once the shoots are 15cm high cover again with compost or soil so only the tips are showing.
8. If growing in containers, keep adding more compost or soil until the plant reaches the top, then leave to grow.
9. In raised or ground level beds heap up 2-3 more times and then leave to grow.
10. Keep watering to make sure they stay moist.
11. Once the plant starts to flower or go yellow pull back some of the compost and see how the tatties are doing.



Top tip: Tatties grow well inside and outside as long as they have enough water. Tatties are grouped into early and maincrop types. This gives you an idea how long they take to grow. Early types are ready in 12 weeks and maincrop in 16-20 weeks.

Strawberries



They grow well in fish boxes, pots and other containers. By growing some inside and more outside you can eat the fruit over a longer time. Plant in **April**.

1. Fill your chosen container with compost to 2.5cm below the rim.
2. Plant out your baby strawberry plants 40cm apart, in rows 75cm apart.
3. Water well.
4. Keep moist and watch them grow.
5. Flowers will appear May to August depending whether they are inside or out and fruit will follow.
6. Place straw, plastic sheet or old tiles under the fruit to keep them off the soil.
7. Pick and eat when red and juicy.
8. Runners with baby plants at the end will appear on the plant soon after flowering.
9. If you want to grow more then place small pots filled with compost under the baby plants and pin the stalk to the compost to help it root.
10. Make sure the compost in the small pot doesn't dry out.
11. Once the baby plant has rooted well, cut the runner coming from the parent plant and you have a new strawberry plant in your pot.
12. Grow on, keeping moist until ready to plant up the following spring.



Top tip: Strawberries grow quickly from 'runners', baby plants that come from the parent plant in summer. Strawberry plants will grow well for 3 years and if you look after them. Each year you should add some plant food to the compost or soil. Seaweed and/or manure pellets are good.

Garlic



Garlic will happily grow in fish boxes or other similar shallow containers and in bigger beds, both inside and out. Choose autumn planting garlic and plant in **October**.

1. Fill your pots with compost to 2.5cm below the rim, or prepare your growing bed.
2. Now tip the compost into a bigger container and mix through your extra feed, or gently fork it through your growing bed. Extra feed could be seaweed and/or manure pellets bought from the Planticrub. Follow the instructions on the packet.
3. Plant the garlic cloves 15cm x 15cm apart.
4. Water well.
5. If planting outside it might be a good idea to cover with netting to stop the blackbirds pulling the cloves back out again. Blackbirds love this game.
6. Keep moist and watch them grow.
7. There should be shoots from December which will take off the following March.
8. Keep watering well until mid-July and then stop.
9. Lift to dry from early August, but bulbs should be ready to use from mid-July
10. Dry in a warm airy place until stalks are papery,
11. Braid the stalks and hang in a dry cool place until use.



Top tip: Garlic is easy to grow but you don't always get big bulbs like the ones in the shops. They need a lot of food and to be kept warm if you can between April and July.

Choose a sunny, sheltered site if you haven't got an undercover growing space.

Courgettes - undercover



Courgettes are easy to grow but need to be undercover where it is warm and protected. They will grow in deep 40cm+ pots but will do better in a bed in a polycrubby or greenhouse. Sow indoors at the end of April or the first week in May.

1. Fill 10cm pots with compost 2.5cm below the top.
2. Push 1-2 seeds into each pot 1.5cm deep, pull the compost lightly over the top.
3. Water well.
4. Keep moist and warm, 18-20°C is good. On a windowsill or in an airing cupboard works well. If using an airing cupboard, make sure you check them daily and once the first two leaves show, move them into the light.
5. Grow in pots until the end of May or beginning of June. You might have to pot up into larger pots as they grow so the roots don't get too tight in the small space.
6. Keep moist.
7. Prepare your growing bed or large pots in your polycrubby or greenhouse, make sure the compost or soil has plenty of food. Manure and seaweed pellets work well. Use at the suggested amounts on the packet.
8. Plant your courgette plants into their final growing space by the first week in June.
9. By July you should see flower buds opening. To make sure you get courgette fruits, you can pollinate them using a paint brush.
10. Female flowers have baby courgettes behind the yellow petals; male flowers have a big stamen in the centre covered in pollen, which will be a yellow powder on your finger if you touch it.
11. Use your paint brush to transfer pollen from the male stamen to the female stigma in the centre of the petals.
12. Baby courgettes grow very quickly in the summer. Check them daily and cut to eat, once they reach 15-20cm long- don't let them get too big!
13. Keep cutting to get more courgettes.



Top tip: These are planted inside and kept warm, then replanted in a polycrubby when it is warmer. Use old juice or milk cartons with holes in the bottom if you don't have plant pots!

Chillies - undercover



Chillies grow well as adult plants in pots on windowsills or in polycrubbies/tunnels and greenhouses. To give your chilli plants the best start and to make sure they make the most of our Shetland summer, sow your seeds by mid-February.

1. Fill small pots with compost to 2.5cm below the rim.
2. Sow 1-2 seeds in each pot 0.5cm deep, and cover lightly with compost
3. Water well and keep warm. Chillies need at least 20°C, preferably 24°C for two weeks to get going. You can keep them in a propagator or airing cupboard. If using an airing cupboard, make sure you check them daily and once the first two leaves show, move them onto a sunny windowsill.
4. Keep moist.
5. Pot up into bigger pots as they grow. A deep 30-40cm pot is big enough for their final growing space.
6. Try to keep them in a warm and sunny spot.
7. Once flowers appear, feed weekly. They are hungry but don't like too much nitrogen so tomato, or liquid seaweed feed, is best for them.
8. To make sure chillies grow, pollinate the flowers by tapping the plant gently once a day.
9. Harvest when the fruit is big enough (be guided by the packet) and has changed colour.
10. Sometimes chillies aren't ripe until the end of October, but they can often have a little heat even if they don't change colour. Be careful when you test them



Top tip: These are planted inside and kept warm, then replanted in a polycrubby when it is warmer. Use old juice or milk cartons with holes in the bottom if you don't have plant pots!

Tomatoes—undercover



Sow in **mid-March** to make sure you can give them soil temperatures of 14°C+. They grow well in deep 30-40cm pots but need to be kept on a sunny windowsill, in a polycrub/tunnel or greenhouse.

1. Fill small pots with compost to 2.5cm below the rim.
2. Sow 1-2 seeds 0.5cm deep, and cover lightly with compost.
3. Water well and keep warm. Tomatoes need at least 18°C to get going. Additional heat of a propagator or airing cupboard is good. If using an airing cupboard, make sure you check them daily and once the first two leaves show, move them onto a sunny windowsill.
4. Keep moist.
5. Pot up into bigger pots as they grow.
6. Keep them in a sunny windowsill.
7. Once flowers appear, feed weekly. They are hungry but don't like too much nitrogen and tomato, or liquid seaweed feed, is best for them.
8. To make sure the tomatoes set and grow, pollinate the flowers by tapping the plant gently once a day to shake the flowers.
9. Harvest when the fruit is has changed colour and is a little soft when you squeeze gently.
10. You can always do a taste test to see if the tomatoes are ready to eat.



Top tip: Tomatoes are very easy and can be difficult at the same time. The plants can grow like weeds, but are also very fussy about light levels and temperature.

Cucumbers- undercover



Cucumbers will grow in 30-40cm pots but are better planted in a polycrub/tunnel or greenhouse beds- even if the packet says outdoors. Sow your seeds in late April or the 1st week of May.

1. Fill 10cm pots (fruit juice or alternative milk cartons are good, just make sure you make drainage holes in the bottom before use) with compost 2.5cm below the top.
2. Push 1-2 seeds into each pot 1cm deep, pull the compost lightly over the top.
3. Water well. If you have different kinds of cucumber seeds, keep them separate. *Keep the seed packets for later!*
4. Keep moist and warm, 20-22°C is good. On a windowsill or in an airing cupboard work well. If using an airing cupboard, make sure you check them daily and once the first two leaves show, move them into the light.
5. Plant up into their final growing spot at the end of May or beginning of June. Make sure their compost or soil has enough food for the season, add manure and seaweed pellets before planting. Follow the instructions on the packet. If you forget, liquid feed can be used after planting.
6. Cucumbers need support, so add stakes or a trellis to help them grow.
7. Keep moist. Plants can be slow to take off, so be patient
8. *Once flowers start appearing check the seed packet to see what to do, pollinate, not pollinate or remove male flowers.*
9. Try to keep growing conditions stable. Avoid big changes in temperature or irregular watering, both can lead to bitter fruits.
10. Make sure there is good ventilation, without direct drafts on the plants, to help stop mould.
11. Harvest fruit when long and thick enough (be guided by the seed packet).
12. Keep harvesting to encourage more cucumbers.



Top tip: Some cucumbers need pollinating- check your seed packet to find out if yours do!

Cucumbers can be quite tricky, but help is out there! Get in touch at info@turriemfieldveg.co.uk

Rainbow Chard



Rainbow Chard is the same family as beetroot. It copes better with Shetlands long days than true spinach. Sow it in **mid May** outdoors or from **mid July** undercover.

- 1) Choose a larger container at least 30cm deep and site it outside where you will see it everyday.
- 2) Fill with compost or soil to 2.5-5cm below the top edge.
- 3) Use a hoe or a stick to draw lines across the top of your container. Your lines should be the whole length of the container, and about 30cm apart. These lines are called drills. Follow the QR code and go to 'direct sowing' to see how to do it!
- 4) Use a watering can or a jug to pour some water into each drill. It should be nice and wet before the seeds go in!
- 5) Sprinkle your seeds in a very thin line along the whole length of your drill.
- 6) Cover the drills up with another layer of compost and water it well.
- 7) Keep the compost damp but not too wet.
- 8) Thin plants to 15cms apart once 10cm high, be careful not to disturb the plants you are leaving behind too much.
- 9) Cut a few leaves and stalks from each plant to eat once the plant is big enough.
- 10) You can keep taking a few leaves each week until the end of September outside, or October undercover. Outside plants occasionally survive the winter and come back in spring but it depends on the weather.
- 11) Undercover from October until February, only cut one or two leaves from each plant every 4-6 weeks.
- 12) In February your plants will start to grow fast again and you will be able to harvest leaves every 1-2 weeks until May, when the plants will start to flower.



Top tip: if you have an undercover growing space you can organise your sowings to you can eat them all year round. The beautiful colours in rainbow chard make this a fantastic crop for growing with children.

Garden friends



Our gardens are full of creatures. Some of them are pests and eat your plants, but lots are garden heroes! Here are some birds and bugs that can help you in the garden by eating those pests.

Hoverfly larvae



Hoverfly adult



Lacewing larvae



Lacewing adult



Hoverfly and Lacewing larvae eat greenfly. The adults eat nectar, so having flowers in your growing space helps encourage them to lay eggs and get rid of the pests for you.

A Larvae is a baby insect. Some of them look really different to their parents!

Ground beetle



Centipede

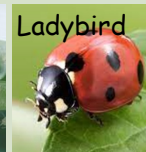


Rove beetle



This lot all look like baddies but they are carnivorous and good pest predators. They will eat greenfly, slug eggs, caterpillars, red spider mites and generally keep a good balance.

Ladybirds: Ladybird larvae and the adults both eat greenfly. The adults also eat nectar. Ladybirds are not native to Shetland, but they can be bought as a natural pest control for undercover areas.



Parasitic wasps: Wasps come in all shapes and sizes, not just the big stripy ones that chase your ice cream.

Parasitic wasps tend to be long and thin with long antenna. If you find these in your growing space it is really exciting. Some adults feed on nectar, so flowers are a good thing for them. But they need the bad bugs for their babies to feed on. They like to eat all sorts of bad bugs from greenfly to moth caterpillars.

You can tell when a parasitic wasp has been eating your greenfly, there are just some shiny golden balls left on the leaves.



Meadow pipit



Wren



Some birds are carnivorous too and will eat the bad bugs for you. Meadow pipits and Wrens are small enough to get through a chicken wire mesh and will happily come into the polycrub/tunnel to eat the pests. Doors have to be open to let them in and out though!

Top tip: It is a good idea not to use chemical bug killers to keep pests away. It harms the good guys as well as killing the baddies.

CHOOSING A CONTAINER

Food can grow in all sorts of places! If you already have plant pots, great! If not, its time to get creative, just make sure whatever you use has drainage holes at the bottom to let out excess water. You can even make the holes yourself with a drill.

Use smaller containers for growing salads on windowsills and larger ones for peas and carrots outside.

Here are some ideas we use at Turriefield.

For large containers: We've used fish boxes, mussel floats, old buckets and tyres! Keep an eye out on beaches for something useful that's washed up!



For small containers: We've used large yoghurt pots, fruit cartons, old milk bottles... Its also worth checking outside COPE in Lerwick for free plant pots.



Garden baddies



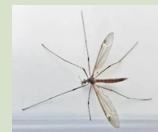
Our gardens are full of creatures. Some of them are garden heroes, but some are a pest and eat your plants! Here are some of those garden baddies, and what to do if you find them.



Aphids

Aphids, such as greenfly and blackfly suck sap from the young shoots of plants. Encourage hoverflies and lacewings to get rid of them.

Leather jackets or storey worms are daddy long-legs larvae. They live in the soil and can chew the roots of your plants. Catch them by putting stones or black plastic on the soil. Check underneath every day and remove them.



Storey worm

Slugs like damp soil and are most active at night. They will eat your young seedlings or munch big holes in leaves. Sprinkle bran sticks around your plants to help stop them. Encourage ground beetles to eat their eggs.



Slug

Red spider mite



Red spider mites are tiny red/orange insects you might find on the underside of leaves. They make fine webs between leaves. If you have lots you can buy a biocontrol to help get rid of them.

Caterpillars



Caterpillars of moths and butterflies are common, often chewing big holes in leaves before you find them. Pick them off the leaves or encourage parasitic wasps and birds to remove them for you..

Some of them really like eating broccoli and cauliflower. If you are growing them outside you can cover them with mesh to stop them getting to the plants.



Vine weevil grubs chew on roots and the adults nibble leaves. The best time to find them is when it is getting dark. Remove them from plants or use sticky traps to collect them for you. Encourage birds, frogs and ground beetles to eat the grubs for you.



Vine weevil



Capsid bugs are another sap sucking insect whose babies make holes in leaves. Often you don't see them until the young leaves have grown bigger and the babies are adults. Encourage birds like wrens and meadow pipits into your growing space to eat them for you.

Forkietails or earwigs are both goodies and baddies. The adults will eat slug eggs and greenfly, but their babies only eat vegetables. Most of the time they are only a problem undercover in the spring. They are more active at night. Remove them from the plant if you find them.



Top tip: It is a good idea not to use chemical bug killers to keep pests away. It harms the good guys as well as killing the baddies.