



<p>Potatoes</p> <p>February/March: Place seed potatoes on windowsill/greenhouse to encourage sprouting.</p> <p>April/May: Plant outside, in sunny spot.</p> <ul style="list-style-type: none"> - Fill planter bags about half-way with compost. - Place seed potatoes 30 cm apart. - Cover with compost to a depth of 20 cm. - Water generously. <p>Late May: When stalks are 10 cm tall, add extra compost.</p> <p>Dry weather: water generously.</p> <p>July/August: Harvest potatoes.</p>	<p>Courgettes</p> <p>March/April: Sow seeds in pots, to be kept on sunny windowsill/greenhouse.</p> <ul style="list-style-type: none"> - Sow seeds to a depth of 2 cm. - Water generously. <p>May: Plant outside in rich soil/a large pot or planter filled with rich compost.</p> <p>Dry weather: water generously.</p> <p>July/August: Harvest courgettes.</p>
<p>Tomatoes</p> <p>March: Sow seeds in pots, to be kept on sunny windowsill/greenhouse.</p> <ul style="list-style-type: none"> - Sow seeds to a depth of 1 cm. - Water generously. <p>April/May: Transplant to larger pots. Keep indoors on a sunny windowsill or greenhouse.</p> <p>Water 2-3 times a week.</p> <p>Support with canes.</p> <p>Remove side-shoots.</p> <p>Once fruit emerges, use liquid feed.</p> <p>Harvest: August/September/October.</p>	<p>Peppers</p> <p>March: Sow seeds in pots, to be kept on sunny windowsill/greenhouse.</p> <ul style="list-style-type: none"> - Sow seeds to a depth of 1 cm. - Water generously. <p>April/May: Transplant to larger pots. Keep indoors on a sunny windowsill or greenhouse.</p> <p>Water twice a week.</p> <p>Once flowers emerge, use liquid feed.</p> <p>August onwards: Harvest.</p>
<p>Sunflowers</p> <p>April: Sow seeds in pots, to be kept on sunny windowsill/greenhouse.</p> <ul style="list-style-type: none"> - Sow seeds to a depth of 2 cm. - Water generously. <p>May: Plant outside in beds/a large pot or planter filled with compost.</p>	<p>Rules of thumb:</p> <ul style="list-style-type: none"> - Most seeds need to be planted to a depth of around 2-3 times their size. - In dry weather water regularly. - Good depth of compost provides essential nutrients and retains needed moisture for plants. - Cost-free liquid feed: Half-fill a container with nettle leaves and top-up with water; leave in the sun; dilute 1/10 and add to soil.