

ONLINE GARDENING PROGRAMME WITH JO RYAN

WEEK 1- GREEN FINGERED FAMILIES

Grow mustard and cress to have in sandwiches

1. Lay kitchen roll folded up into any clean shallow recycled food container or saucer. Loo roll or cotton wool can be used as an alternative.
2. Moisten with a little water.
3. Sprinkle with seeds.
4. Place on a light sunny window sill and wait for germination to happen- seedlings should appear within a day!
5. Snip them off carefully and eat after a day or two in your sandwiches. Delicious with egg and mayonnaise.

Seeds are easy to buy from garden centres.

Grow basil to have on your pizza

1. Use an old flower pot or recycle any large food container such as a biscuit tin or yogurt pot. Make sure there are drainage holes in the bottom and fill with potting compost (most supermarkets sell this in small bags).
2. Sprinkle your basil seeds finely and cover with another sprinkle of compost. Water carefully to moisten and put on a warm sunny window sill.
3. Tiny basil plants appear after a week and are ready to eat after three weeks - they will carry on growing, so only harvest what you need.

Plant left-over cloves of garlic

These single cloves of garlic need to be planted a few centimetres deep in a container of moist potting compost and place outdoors. They will grow into a much bigger clove of garlic by mid-Summer or you can snip the tasty shoots off to have in salads or use in cooking.



Grow ginger or turmeric tubers into a beautiful plant

Plant left over tubers deeply in pots of moist compost and keep indoors to produce a beautiful house plant. Water often and keep warm.



Regent Street allotment holder workshop in November 2019