

Growing...

## Cut and Come Again Salads



Grow your own mixed salads by planting a range of leafy salad and vegetable seeds that when grown can be cut and will sprout again. Harvest the young leaves when you need them which prevents the plant from maturing and ensures several harvests of young, tender leaves which will have a mild flavour over a long period of time.

To ensure you have the longest supply of leaves throughout the growing season try to sow small batches of seed every 2 weeks until late August. It is best to only harvest what you need for each day as the leaves can wilt quickly.

### **How to sow cut and come again salads;**

1. Sow seeds into containers filled with Levington multi purpose compost with added John Innes and slow release fertiliser and place in a windowsill with good light but not direct sunlight.

2. Seeds can be sown closer together than normal as they will be harvested early, water the container from the base to keep the plants healthy.
3. Once the leaves have grown to an appetising size use a pair of scissors to cut a few leaves from each plant to around 2.5cm from the base. Avoid damaging the central growing point of the plant and allow the remaining leaves to grow.
4. Water regularly to help support the production of new leaves.
5. Each sowing should produce three to four harvests before the plant becomes exhausted. Many plants will become tough, bitter or try to flower and should then be removed from the pot and composted.