Vegetable

Tomato, Indoor Suggested varieties: Yellow Pear (small); Alicante, Ailsa Craig (medium)



Sow seed 0.1cm deep in pots. Repot if needed. Transplant into large pots when first flowers open. Choose tall single stem ('cordon') or bush varieties



Keep soil moist. Use tomato feed. Tie main stem to a stake. Remove side shoots from cordons (not bushes) and yellowing leaves. Ventilate greenhouse



Remove growing tip after seven 'trusses' set or when plants reach top of greenhouse (cut two leaves above the top truss). Pick when fully coloured

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	Α	М	J	J	Α	S	0	N	D

Sow indoors

Sow outdoors

■ Plant out/transplant

Harvest

Use cloche

Growing guide

Average time to harvest 12-16 weeks

Equipment needed Stakes, twine, feed

Germination time 8-11 days

Average plant size 30-150cm tall, 30cm wide

Family group to grow with Solanaceae: aubergine, potato

Seed saving group I - Annual, self-bollinating

Key nutritional content Vitamin C and vitamin A

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