

# Bay

Suggested species: *Laurus nobilis* (botanical name)

## Herbs

### PLANT



Plant bought bay or 'rooted cuttings' taken in summer. Can also sow seed in autumn (rub first with sand to speed up germination). Choose well drained soil in sunny sheltered site

### GROW



Keep well watered until established. Pinch out growing tips to encourage bushy plants. Shorten stems for desired shape and size. Will crop year after year

### EAT



Pick leaves year round for use fresh or in summer for drying. In very cold areas, protect with horticultural fleece over winter or move container grown plants indoors

### Growing guide

Easy!

### Average growing period

4 wks (bought); 24 months (seed)

### Equipment needed

Horticultural fleece

### Germination time

5-12 months

### Average plant size

Up to 5m tall, 3m wide

### Family group to grow with

Miscellaneous

### Seed saving group

5 - Specialist or not applicable

### Key nutritional content

Dried: calcium, iron, zinc, vit. A

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
				■	■			■	■		

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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