



Sow seed 0.1cm deep in pots. Transplant seedlings when 5-10cm tall to 15cm apart in rows or larger pots. Choose deep fertile soil in sun or partial shade Growing guide

Average growing period From 10 weeks

GROW

Protect from slugs. Keep well watered in dry weather and feed regularly with an organic fertiliser. Remove any flower heads that appear

Pick leaves in the plant's first year before flowering; use fresh or freeze. Extend harvest by covering with horticultural fleece in autumn

Spring Term			Summer Term					Autumn/Winter Term			
J	F	M	A	Μ	J	J	A	S	0	Ν	D
Sow indoors		Sow outdoors			Plant out/transplant			Ha	irvest	Use cloche	

Germination time

Equipment needed

Feed, horticultural fleece

Average plant size 40cm tall, 30cm wide

Family group to grow with Apiaceae: coriander, dill

Seed saving group 4 - Biennial, needs isolation

Key nutritional content Fresh: calcium, vit. A, vit. C, iron, folate

www.gardenorganic.org.uk



Herbs



