

Kids Grow Salad leaves

Salad leaves are quick and easy to grow indoors or on a patio - in pots, containers or window boxes.

Mixed leaves seeds often produce 'cut and come again' crops - the more you pick the more they grow! Add them to your sandwiches and wraps for a nutrition boost.

Popular salad leaves

Romaine lettuce

Long, crunchy leaves

Rocket 'Wildfire'

A hot, wild rocket

Oriental mustard

Peppery leaves

Mixed lettuce

Multiple varieties in one seed packet

What you'll need:

- Mixed lettuce or salad leaves seeds
- Multi-purpose compost
- Container
- Watering can

Why should you grow them?

Darker leaves are even more nutritious than light leaves - but they're all packed with nutrients, including:

Vitamin A

Good for your vision, bones, teeth and skin - and important for your growth and immune system.

Vitamin B2

Also known as 'riboflavin', this helps your body make red blood cells..

Vitamin B6

Converts food into energy, and reduces stress.

ANCIENT EGYPTIAN LETTUCE

There are hieroglyphic records of lettuce being grown over 6,000 years ago!



Step 1: Sow your seeds

- Most salad leaf mixes can be sown from March to October.
- Fill your containers with compost to within 2-3cm of the top, and firm it down slightly.
- Scatter some seeds thinly on the surface (aim for about 1-2cm between seeds).
- Cover them with a thin layer of compost and gently water them.

Step 2: Grow your salad leaves

- Keep your salad leaves well watered.
- When your seedlings are about 2cm tall, thin them out to give them space to grow
- Most salad leaves will be ready to pick in about 21 days - as soon as the leaves are big enough to eat!

Step 3: Harvest your salad leaves

- Pick leaves from around the outside of your plants.
- Pick them regularly, and your plants will produce more delicious leaves!
- Once your plants start to flower, pull them up, as they'll become too bitter to eat.