



Three steps to help you achieve results!

Online Videos



Guidance Sheets



Get planting!



Receive your packs!

Watch the
Online Video

Use a suitable
container

Follow the
instructions
below

Place in a
sunny spot

Water
regularly

Enjoy your
produce!

Step	What to do.....
<input type="checkbox"/> Receive your packs....	You should have received a selection of seeds including salad, herbs or vegetable choices
<input type="checkbox"/> Watch the online video	There are a selection of videos depending on the type of container you have, and where you will be growing them. There are choices of planting seeds for a greenhouse or windowsill, for a tray, for a small pot/container, or for using a larger pot/container. You can watch all of them if you wish to!
<input type="checkbox"/> Fill up your container with compost – pots or trays	You should fill up your container to within a couple of centimeters from the rim of the pot or tray. If using a large deep container, you can also put some extra drainage in the bottom, using broken crock (old broken bits of terracotta pots or even lumps of polystyrene or bits of brick!). This stops the roots from too much contact with water and removes the risk of the roots rotting.
<input type="checkbox"/> Water the surface of the compost	Watering the surface first helps settle the compost, ready for the seeds.
<input type="checkbox"/> Read any specific instructions on the back of the seed packet	The individual seeds will have sowing instructions on the back of the pack. As a general guide, you should sow thinly, being careful not to place too many seeds close together, as that will mean that you will have thin them out more once they start growing.
<input type="checkbox"/> What do you mean by thinning out?	This is when the seedlings will be competing with each other for water and nutrients, and you need to remove the weaker seedlings to ensure the stronger ones survive and thrive to be able to produce your vegetables or harvest
<input type="checkbox"/> Larger root crops	These should ideally be planted in deep containers, a raised bed, or into the garden directly as they will need room to grow down. This includes carrots, swede, and parsnips. Radish are also a root crop but can cope with smaller containers as they do not go as deeply into the ground.
<input type="checkbox"/> Protect from pests	Unfortunately, we are surrounded all the time by different pests who would also like to eat our vegetables! There are separate videos if you wish to view them on pests. The most common are slugs and snails, but rabbits, deer, pigeons and other wildlife also like to eat! Try to protect your vegetables as much as you can from being eaten.
<input type="checkbox"/> Ways to protect	You could use netting, old cut down plastic bottles (which give a mini greenhouse effect), place the pot on gravel (slugs and snails hate sharp surfaces), or surround with salt are all good options. You can also put in a "beer trap" if slugs are a particular problem – use an old margarine tub or yoghurt pot, part fill with beer or lager, and bury into the ground. The slugs will smell it, fall in and die happy!
<input type="checkbox"/> Water regularly	You should water regularly, do not let your vegetables go too dry if possible, if they get to wilting stage then that has gone too far really, but you also don't want to flood with water as this can

		also cause problems. If it is a very hot day, then you might want to give them a little water morning and night. We are currently recording a new video on watering techniques which also might be useful! Keep a watch on our YouTube channel for more tips and guidance.
<input type="checkbox"/>	Regular maintenance	You may find that you get weeds in your pots or trays, which are different to the seedlings in shape. You will want to remove these if possible so that they do not compete with your seedlings.
<input type="checkbox"/>	Enjoy the fruits of your labour!	With many vegetables, including lettuce, tomatoes, peppers and with herbs, you can keep picking off leaves, or fruit, and the plant will continue to produce more. With lettuces just don't take out the "heart" of the lettuce and they will keep on producing more leaves. In fact with tomatoes and peppers, the more you pick the more your plant will try to produce!
<input type="checkbox"/>	Share your results!	We would be delighted if you would share your results with us! This will help us evaluate how successful it has been for you, and be able to spread it more widely if you have had good results. Please share through YouTube, Facebook or contact us on our website, and share your comments and photos. Please tell us if you are feeling better for getting involved in growing your own and don't forget to tag Tendring District Council or Colchester Borough Council depending on your location and Livewell to encourage other to grow their own too! #StayAtHomeGrowYourOwn

We hope you enjoy growing your own produce! If you want to find out more please subscribe to our YouTube Channel or why not join us to do a full course, which includes gaining qualifications! Free for anyone who is not in full time work. Further online courses will also be regularly available.

Please join ART's online community at: www.facebook.com/abbertonruraltraining or subscribe to our YouTube Channel at:

https://www.youtube.com/channel/UCUyFo5KCPBLOvCbi0SlrMmQ/videos?view_as=subscriber

Or view our videos through our website at: www.abbertonruraltraining.org/gyo

Thank you for taking part! Happy planting.



Want to improve your wellbeing?
Grow Your Own!
Gardening and growing fruit and vegetables benefits physical and mental health, including....







Encourages nutritious, diverse, healthy diet

Obtaining vitamin D for healthy bones and overall health

Light form of aerobic exercise

Stress relief

Save money and the environment

Visit www.abbertonruraltraining.org and see the 'Grow Your Own' page for free tips, ideas, resources and filmed tutorials!

Tendring District Council, Colchester Borough Council and Abberton Rural training are encouraging residents to grow their own. Everyone can take part, and we have tutorials online to show you how you can grow for free!

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