

Example Packets



What you will need

- Johnsons seeds
- Seed trays or pots
- Compost
- Patio pots
- A garden spade or fork
- A rake



Johnsons
GROWING WITH CONFIDENCE SINCE 1820

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FREE

A quick guide to



Hints and Tips

- When thinning out young herb and salad plants save the thinnings for use in salads.
- The removal of any developing flower heads will help to ensure the longest possible harvest period for leafy annual herbs.
- In autumn, transferring some herbs such as thyme or young mint and sage plants to pots on a windowsill can help provide fresh leaves through the winter.
- Many herbs can be dried for storage but better flavour is retained by freezing them.



- For maximum freshness cut salad leaves in the cool of the morning or evening.
- Growing mixtures of salad leaves provides wonderful, ever changing combinations of leaves due to the different rates at which they grow.
- Lettuces grow well alongside root vegetables but tend to dislike the company of brassicas, cress and parsley.



- Lettuce will also benefit from the shade of taller neighbours such as beans, peas and tomatoes.



Recipes

Basil Salad & Pesto:

Slice large tomatoes, add fresh basil leaves and chunky slices of mozzarella then serve with a drizzle of olive oil. For homemade pesto blend equal quantities of basil and pine nuts, add garlic to taste and olive oil until slightly runny, stir in grated parmesan cheese to thicken.

Mediterranean Salad:

Make a delicious Italian salad with your favourite mix of herb and salad leaves, combine with halved cherry tomatoes and pieces of mozzarella, drizzle with a dressing of lemon juice and olive oil infused with torn basil leaves. Top with chopped Italian salami and pine nuts if desired.

Oriental Mustard Salad:

Heat chopped chilli, garlic and star anise in a pan with a little groundnut oil and rice wine or dry sherry. Hard boil eggs, quarter them and arrange on a bed of oriental mustard. Pour over the warm, spicy dressing and serve.





acclimatised to outside conditions by being placed in a sheltered location for a few hours during the day. The time spent outside should then gradually be increased over the next two weeks (avoid frosts). They can then be planted out to their final growing position at the spacing indicated on the packet.



Salad Leaves & Herbs

Where

Salad leaves and most herbs are easily sown directly into a well prepared seed bed in their growing position, into grow bags or patio containers to make growing and harvesting more convenient. The seed packets indicate where they will thrive. Many herbs can be sown indoors to provide wonderful fresh flavours all year round. A small number of perennial herbs,



however, respond better to being sown indoors into trays or small pots of seed compost and then planted outside when large enough.

How

Before sowing any seeds outdoors, the soil should be dug over and raked to a fine consistency. It is best to sow in rows so that it is easier to identify the seedlings as they emerge. The seed should be lightly covered with fine soil and watered gently so they are not disturbed. When sowing indoors into pots or trays make certain they are clean and be sure to use fresh seed compost. To aid germination the trays should be kept at approx.

15-20°C and covered with glass, polythene or a propagator lid to help keep the compost moist. The cover should be removed when seedlings appear. Don't forget to use your free Johnsons seed label to identify the variety sown. To maximise the harvest season for salad leaves and annual herbs it is best to make repeat sowings at 2 to 3 week intervals.

Care

Once seedlings sown outdoors are large enough to handle they need to be thinned out to the spacing indicated on the packet. It is best to remove the weaker seedlings leaving the stronger ones the room they need to grow on. This also improves air circulation around the seedlings, reducing the chance of disease. The soil needs to be kept moist (but not wet) and weed free. Seedlings raised indoors should be carefully transplanted to further pots or trays when they're large enough to handle. Always hold seedlings by a leaf so you don't risk crushing the stem. They can then grow on until they are large enough to plant out. Before planting out, young plants must be

Harvesting

It is possible to grow and harvest salad leaves outdoors right through from the last frosts of spring to the first frosts of autumn. Cloche protection of plants in early spring and late autumn allows them to be grown and harvested for even longer. Many herbs can be grown indoors all year round.

The leaves of hardy perennial herbs are best picked sparingly in the first year in order to let the plants bulk up. Once established the leaves can then be harvested for many years to come. Please see the back of the seed packets for more specific growing instructions.



Types of Salad Leaves & Herbs

There are many different leaves that can be used to make fantastic salads, with widely varying flavours, from mild, succulent lettuce and spinach leaves to tangy rockets and hot peppery mustards. They come in all sorts of colours and textures to make attractive as well as tasty combinations. There are also Speedy Salads that can be grown in just a matter of weeks and a large number of varieties are perfect for use as cut and come again baby leaf. Many leaves such as kale, spinach, pak choi, chard and herbs are dual purpose and suitable for cooked dishes as well as fresh salads.