

Example Packets



What you will need

- Johnsons seeds
- Seed trays or pots
- Compost
- Grow bags or large pots
- A garden spade or fork
- A rake



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A quick guide to



Hints and Tips

- Cover plants with cloches if there is any danger of a late frost.
- Keep plants well watered, especially when they are in flower and fruits begin to appear.
- Plants will benefit from a regular liquid feed, especially on light sandy soils.
- Although courgettes can be allowed to mature and be harvested as marrows, you can choose to grow Marrow Tiger Cross F1 which is specifically bred for great quality, early maturing marrows.



- A thick layer of straw or wooden slats can be placed under pumpkins and squashes to minimise the risk of them rotting on the bare soil.
- Remove any leaves shading the fruit to allow sunlight to help ripen them.
- Wrap fruits in fleece or sacking if an early frost threatens.
- For smaller gardens there are varieties of courgette available to suit container growing, plants can also be tied to a sturdy stake

as they grow to produce a more upright and less spreading habit.



- Vining plants such as pumpkins and squashes can be grown over

a strong trellis, in this case the weight of large fruits should be supported individually with net bags.

- Pick small scalloped summer squashes from 5cm in diameter to use whole or up to 15cm across to use sliced or cubed.

Recipes

Courgette Salad:

Cut lengthways into ribbons, season with a little salt and shallow fry for a few minutes until tender, alternatively blanch in boiling water. Dress with a marinade of chopped garlic and mint leaves in a little olive oil and balsamic vinegar before serving.

Stuffed Ball Courgette or Squash:

Slice off the top and remove the seeds. Wrap in foil and roast until soft. Scoop out the flesh leaving enough to support the skin. Mix the flesh with sautéed onions, garlic,



bread crumbs and sage. Add a little cream to the mixture, season and pour back into the cavity. Put the stuffed courgette or squash back into the oven and bake until piping hot throughout, then serve.

Roast Pumpkin Soup:

Dice pumpkin flesh and a large red onion. Roast in an oven with a little olive oil until soft and tender. Add to a pan of vegetable or chicken stock seasoned with crushed garlic, salt and pepper. Simmer for 10 minutes then blend until smooth and serve hot with warm crusty bread.





Types of Courgettes, Pumpkins and Squashes

Courgette plants are very productive, giving high yields of delicately flavoured succulent fruits. Traditionally cylindrical they usually come in varying shades of green, with beautifully mottled or striped skins. Attractive yellow skinned varieties such as Gold Rush F1 and Atena Polka F1 are also available. Other varieties such as Eight Ball F1 produce unusual round fruits which are perfect for stuffing.

Pumpkins come in a range of sizes and shapes, either round, oval or flattened. Generally the smaller the pumpkin the more a plant can produce.

Squashes are the most diverse group and can be split into summer and winter varieties. Summer varieties, as the name suggests, are ready to harvest from mid to late summer, regular picking promotes further cropping. Examples include the scallop shaped Yellow Sunburst and the green Gagat, both are great picked small, hollowed out and stuffed for individual servings. Winter varieties are usually larger and require a longer season, each plant producing one crop of fruit that is ready to harvest in autumn.

Examples include sweet and nutty flavoured Butternut squashes and the wonderfully colourful Turks Turban.



Growing Squashes, Pumpkins & Courgettes

Where

Members of the Curcubita family such as courgettes, pumpkins and squashes can, for ease, be sown directly into prepared soil in their growing position when the soil is warm enough, usually in May. However, for the best yields and longest harvest season it helps to start them off earlier indoors, from March. They like a sunny and sheltered position in fertile, moisture retentive soil.

How

Seed should be sown on their edge, approximately 1.5cm deep. When sowing indoors make certain the pots or trays 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. Remove the cover when seedlings appear. Outdoor sowings should be made into soil



reach the 5-6 leaf stage. Before planting out young plants must be acclimatised to outside conditions by being placed in a sheltered location for a few hours during the day, the time spent outside should 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. Always hold seedlings by a leaf so you don't risk crushing the stem.

Harvesting

Courgettes are best picked when young, although they can be



that has plenty of organic matter dug in to provide nutrients and help retain moisture. When sowing outdoors directly into the soil it is good practice to sow two seeds per station to help ensure a strong plant in each location. Don't forget to use your free Johnsons seed label to identify the variety sown.

Care

Once seedlings sown outdoors are large enough to handle they need to be thinned out, removing the weaker seedlings of each pair and leaving the stronger ones the room they need to grow on. Ensure the soil is kept moist (but not wet) and weed free. Seedlings raised indoors can be planted out when they

left to grow on and harvested as marrows. Regular picking of courgettes and summer squashes will encourage further cropping. Pumpkins and winter squashes need to mature on the plant for as long as possible but should be harvested before the first frosts. The skin will harden and cracks often appear in the stem when they are ready to harvest. The hard skins of pumpkins and winter squashes allow them to be stored for several months if undamaged, often longer if kept well ventilated at a temperature of around 10°C. Please see the back of the seed packets for more specific growing instructions.