



Rocket

Rocket is easy to grow, indoors or out. It can be sown almost all year round. Grow it to produce young leaves, which can be picked after only 4 weeks. Sow once a month for a regular supply.

Rocket gives a peppery zing to salads. It can also be used to make pesto sauce, and in soups. Add the leaves to pizzas just before eating.

Suggested pot size: A wide pot or tray, around 10-15cm deep.





Any variety of rocket can be grown this way.

Some to try:

- 'Rucola'
- 'Sky Rocket'
- 'Voyager'

Plant

1. Fill container with moist compost and firm down gently.
2. Sprinkle seed evenly over the surface, 2-3cm apart.
3. Cover with a 0.5-1cm layer of compost.
4. Water well.



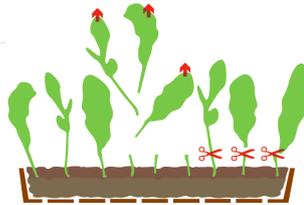
Grow



1. Gently pull out excess seedlings, leaving the rest about 5cm apart.
2. You can eat the ones pulled out.

Eat

1. When the plants are around 10cm tall, start to harvest.
2. Pick individual leaves, or cut them off, leaving a short stump of plant to grow again once or twice.



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Growing tips

Grow it outdoors in a light, airy spot, or on a cool windowsill.

Rocket does best in cooler weather.

In summer keep pots in light shade, because Rocket can be quick to bolt.

Compost to use:

Multipurpose, organic and peat-free.

Watering tips:

Water regularly, particularly in hot weather. Use a watering can with a rose fitted to avoid disturbing seeds. Covering the pot with clear plastic, glass or cling film will keep the compost moist until the seedlings come up.

Support:

None needed

Protection:

Leaves may be nibbled by flea beetle in hot weather. If this happens, cover the next batch you sow with fleece or a net curtain to keep the beetles at bay.

Feeding:

None needed

	Early Spring	Spring			Summer			Autumn		
	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Sow indoors										
Sow outdoors										
Harvest										

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