

## Spicy winter salads

Fresh green leaves are a particular treat in autumn and winter, even in small quantities. There is plenty of variety to choose from to make a colourful, piquant, designer salad.

For autumn and winter salad leaves, a mixture of spicy oriental greens give best results. Buy a packet of mixed seed, or put together your own favourites.



Sow every four weeks for a continuous supply. As long as there is enough light and warmth you should be able to cut each sowing two - three times. Some of the mustards can be very hot and mix well with cooler tasting leaves.

Suggested pot size: wide pot or tray, minimum 5-10cm deep.



## All spicy winter salad varieties can be grown in pots.

Some to try: Ready mixed seeds - Wild Rocket, Oriental Saladini and Spicy Greens mix Salad Rocket, Mustard greens (hot): Giant Red, Green Wave, Mizuna, Green in the Snow, Pak Choi and Chinese cabbage (cool): Red Choi, Tatsoi, Wong Bok. Non F1 hybrid seed is much cheaper.

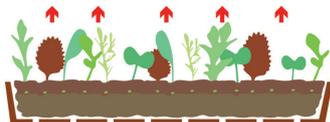
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### Plant

1. Fill pot or tray with moist compost and firm gently
2. Sprinkle seed evenly over the surface, aiming for 2-3cm between seeds.
3. Cover with a 0.5cm layer of compost.
4. Water well.



### Grow



1. When seedlings are 2-3cm tall, gently pull out any 'cramped' seedlings, leaving the remaining ones about 4-5cm apart.
2. You can eat any seedlings you pull out.

### Eat

1. When the plants are around 8-10cm tall, start harvesting.
2. Pick individual leaves, or cut them off, leaving a short stump of plant, which should grow again once or twice.



### Growing tips

Grow in a light, airy spot outdoors until the weather cools down. Then protect with a cloche, or grow on a cool, well lit windowsill, doorstep or balcony.

Practice sowing seeds evenly over a piece of paper, before sowing into the pot. For a longer harvest, use a deeper container, and remove seedlings until the remainder are up to 15cm apart. These can be left to grow larger.

### Compost to use:

Multipurpose, organic and peat-free.

### Watering tips:

Cover the pot with clear plastic or cling film to keep the compost moist until seedlings appear. Only water when the surface has dried out. Too much water in autumn and winter can kill the plants.

**Support:** None needed

**Protection:** Remove any diseased or unhealthy looking leaves as soon as you see them.

**Feeding:** None needed

	Summer			Autumn			Winter		
	Jun	July	Aug	Sep	Oct	Nov	Dec	Jan	Feb
Sow indoors									
Sow outdoors									
Harvest*									
Protect from the cold									

\*this will depend to some extent on the mixture of crops sown

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