

GROW YOUR OWN

FRUIT AND VEGETABLES



BENEFITS OF HOMEGROWN FOOD



Better
taste

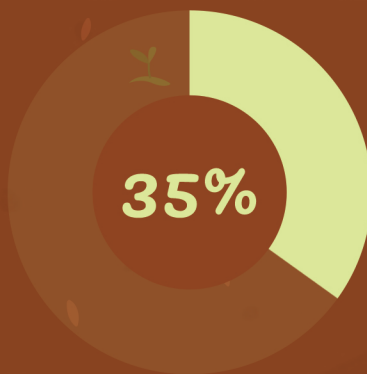


Cost
savings



Reduce
waste

Growing your own food is achievable for beginners with some guidance



Homegrown vegetables saw a 35%
increase nationally since 2020

with more people growing food
during the pandemic

(Source: National Gardening Survey)

TOP 3 EASIEST VEGETABLES FOR BEGINNER GARDENERS

(Royal Horticultural Society)



Coriander &
other Herbs



Salad greens
and spinach



Peas

GETTING STARTED TIPS FOR NOVICE GARDENERS:



Pick bright
spot for crops



Test soil type and
amend if needed



Start seeds
indoors or
outdoors after
frost



Use containers for
patio/balcony



You don't need
a garden

STEP-BY-STEP GUIDE TO GROWING CORIANDER



THINGS YOU'LL NEED



Coriander seeds



Small pot or planter
(at least 6 inches deep)



Potting soil



Sunny spot to place the pot

Fill the pot with potting soil almost to the top, leaving about 1 inch from the rim. Pat the soil gently to make it flat and even.



Sprinkle 5-10 coriander seeds evenly over the soil. Gently press the seeds into the soil so they have good contact.



Cover the pot with plastic wrap or a plastic bag to retain moisture. Place the pot in a sunny spot.



When the coriander is 2-3 inches tall, you can begin harvesting! Snip leaves off stems with scissors or pinching. Try not to uproot the entire plant.



In about 7-10 days, the coriander sprouts will emerge. Remove the plastic wrap once sprouts appear.



Check daily and water soil whenever the top inch becomes dry. Be careful not to overwater.



Pinching off leaves encourages the plant to branch out and grow even more foliage. Keep pinching harvests weekly.



Make sure the plant continues getting plenty of sun and water. Harvest all you want for 2-3 months before it bolts.



FUN FACTS



Did you know

The quickest veg to harvest is cress which can grow within a week!



Did you know

Cherry tomato plants can produce over 2,000 sweet treats in a season. That's over 50 tomatoes per week!



Did you know

Radishes grow super quick - you can be eating them in just 4 weeks!



Stress relief

Gardening lowers anxiety



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