

2

- Make sure to plant in loose, free-draining, stone-free soil
- Plant in drills around 1 cm deep
- Water carrots thoroughly about once or twice a week (more in dry periods)
- When harvesting, you can pull alternate carrots to let others grow bigger or harvest all

Growing tips:

Can be sown directly into the soil outdoors in late May.

Choose a location in full sun or partial shade.

Depending on variety, can be harvested approximately 10 to 16 weeks after planting.

CARROTS

3

- Spinach prefers rich soil with a neutral or slightly alkaline pH; you can add lime to balance soil pH if needed
- Sow around 1-2 cm deep
- Keep consistently moist until germination
- Harvest outer leaves first, cutting off rather than pulling

Growing tips:

Can also sow harder varieties in late summer/early autumn for a winter crop.

Harvest around 8-10 weeks after planting!

Sow directly outdoors around May; ensure a spot with partial shade to protect from the sun.

SPINACH

4

- Tomatoes require warmth and struggle in temperatures under 10 degrees C.
- Use high-quality, well-draining compost
- Plant in large pots or grow bags
- Water consistently and evenly; aim for 2.5-5 cm a week across multiple sessions

Growing tips:

Can be sown indoors around April in a heated greenhouse or windowsill.

Harvest from late July through August; ready when they have full colour and slight give.

TOMATOES

5

- Sow in a sunny spot with fertile, free-draining soil
- Raised beds or containers can be helpful for better drainage
- Ensure the place where leaves meet roots is level with soil surface; water well after sowing
- Keep consistently moist especially if in pots
- Can cover with fleece or cloche at night to protect from cold

Growing tips:

Sow bare-root runners outdoors around May, in late spring or early summer.

Should be producing around July; can be harvested once fruit is completely red.

STRAWBERRIES

OSF Growing Guide



a community growing initiative

FOR MORE GROWING GUIDES, VISIT [HTTPS://ONESEEDFORWARD.CO.UK/HOME/SEED-GIVEAWAYS/GROWING-GUIDES](https://oneseedforward.co.uk/home/seed-giveaways/growing-guides)

1

6

Herbs like basil, parsley, thyme, rosemary, chives, and mint can be sown indoors in early spring!

Wait until early summer to transfer outside.

Herbs can be harvested by August!

Growing tips:

- Sow in trays or pots indoors
- Avoid burying the seeds too deeply in the soil
- Water gently with spray bottle
- Keep in a warm, well-lit area
- Move outdoors after the last spring frost, making sure the seedlings have several sets of leaves

HERBS

8

7

Sow indoors from January to March; keep warm on a sunny windowsill.

Chillies can be harvested from mid-summer on!

Growing tips:

- Sow shallowly and water lightly until sprouted
- Can be transplanted to individual pots once plants have two true leaves
- Keep indoors and warm for best results
- Harvest regularly to encourage more growth

CHILLIES

6

Peas, broad beans, and runner beans can be sown either indoors around March or outdoors in May.

Legumes can be harvested around August to September!

Growing tips:

- Water in the morning to reduce evaporation; seedlings require more watering until established
- Provide support for climbers to grow on
- If planting outdoors, choose a sunny area sheltered from wind
- Harvest regularly to encourage more growth

LEGUMES

Instructions: How to Make Your zine

Step 1

Cut the borders of the photocopy.

Step 2

Fold the paper in half longways, following the line.
Unfold it.

Step 3

Fold the paper in half sideways, following the lines.
Fold it again in half sideways.

Step 4

Unfold everything. You should see 8 rectangles.

Step 5

Fold the paper sideways again.
Cut **ONLY** the center fold halfway (dashed line)

Step 6

Unfold slightly, then push the two sides inward to form a small book. Fold it flat — now you have your fanzine!