

Growing Courgettes



grow
your own grub

Summer/Autumn vegetable



image sourced from www.thinkvegetables.co.uk

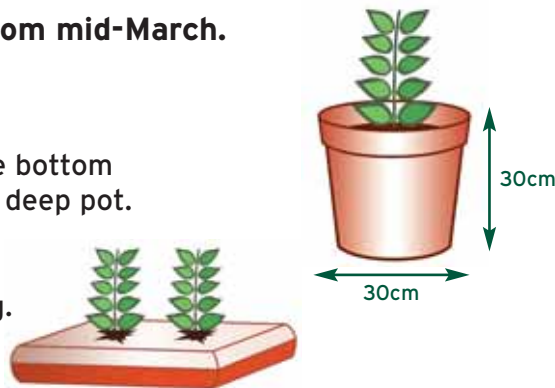
*'tasty food
from tiny spaces'*

Courgettes are tasty baby marrows and some varieties are good for growing in small spaces like balconies.

You can start growing courgettes from mid-March.

You can grow them in:

- Pots or any container with holes in the bottom
- 1 plant to each 30cm wide and 30cm deep pot.
- Grow bags - 2 plants to each grow bag.



When you are buying courgette seeds have a look for 'trailing' varieties such as 'little gem' or 'long green trailing' which will grow in pots and climb up poles or wires so they are good for growing up balcony railings to save space.

Courgettes will need some sun during the day and some protection from strong winds.

Sowing Seeds

You can plant your seeds from mid-March. The seeds will need to be grown in a small pot inside your house before moving to a bigger pot outside. Each courgette seed will need an 8cm pot. Using peat free multipurpose compost sow each seed on its side 3cm below the soil. Keep the pots indoors on a windowsill and keep the soil moist with water. Keep the pots on a tray to stop water spills. Make a label with the name of the plant on it and the date that you planted them.

When your plants have four leaves or more they are ready to move into bigger containers outside. Check weather reports to make sure that there won't be any more frosts before you move them (usually May/June).

Transplanting (moving your plants outside)

- Take your plants outside and water them well. Turn the pots upside down and gently squeeze the bottom of the pot to ease the compost and plant out of the pot. You should see the roots of the plant holding the compost together.
- Fill your pot with soil or cut 2 holes in your grow bag and make a hole in the soil big enough for the plant.
- Carefully place the plant in the hole and fill with soil so that the roots are covered. Press the soil down around the plant and give it some water. (continued overleaf)

