



**Transplanting (moving your plants outside)**

- Take your plants outside and water them well. Turn each pot upside down and gently squeeze the bottom of the pot to ease out the compost and plant. You should see the roots of the plant holding the compost together.
- Fill your pot or hanging basket with soil or cut 3 holes in your grow bag and make a hole in the soil big enough for the tomato plant.
- Carefully place the tomato 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.

**Water your plants enough so that the soil is always moist especially in hot weather.**

It is best to follow instructions on your seed packet to find out if your plants need any special care - plants in pots and grow bags will need to be gently tied to a stick to support them. You may need to 'pinch out' (snip off with scissors) side shoots that don't have flowers on. Cut off any leaves that turn yellow.

Your tomatoes should be ready about 16 - 22 weeks after sowing.

**Harvesting**

When your tomatoes have turned red they are ready to eat!

Snip the tomatoes off at the stem and keep them in a cool and dry place (but not in the fridge). They are best eaten soon after they are picked before they go too soft.

**Eating Tomatoes**

In season June - October



**1 medium or 7 small (cherry) or  
2 whole tinned tomatoes count  
as 1 portion.**

Just Eat More  
(fruit & veg)

**Preparation**

Wash and remove stalk then cut into chunks or slices or eat small tomatoes whole.

**How can I use my tomatoes?**

Tomatoes can be eaten uncooked in salads and sandwiches or cooked to make soups and sauces for rice or pasta dishes.

**Salsa****Ingredients**

- 4 tomatoes, washed and chopped
- 1 small onion, peeled and chopped
- 2 celery sticks, washed and chopped
- ½ carrot for colour and crunch, peeled and chopped
- A pinch of hot chilli powder or ½ a fresh chilli to taste
- 6 dessertspoons lemon or lime juice
- Chopped fresh or dried parsley or coriander

**Method**

1. Mix all the ingredients together in a bowl and serve.

**Serve:**

As a dip with raw vegetables such as carrot, cucumber, peppers, broccoli, celery and radishes, as part of a filling for pitta wraps or sandwiches or with oven-baked potato wedges.