Growing Rocket

growing

Summer/Autumn vegetable

grow your own grub

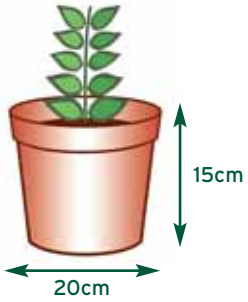
'tasty food from tiny spaces'

Rocket is a type of salad leaf that has a spicy pepper taste and is easy to grow in even the smallest spaces.

You can start growing rocket from April.
If you sow seeds every 4 weeks you can keep eating leaves all summer and even into autumn and winter.

You can grow them in:

- Pots or any container with holes in the bottom – 3 plants to each 20cm wide and 15cm deep pot.



- In a window box or inside your house on a sunny window sill.
- In the same pot as tall plants such as tomatoes, sweetcorn or in-between rows of other vegetables in the ground.

Sowing Seeds

- You can plant your seeds from April. Fill your pot or window box with peat free multipurpose compost box leaving a space of 5cm from the top.
- Put the seeds on top of the soil with at least 10cm between each one then cover lightly with a little more soil.
- 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.
- **Water your plants enough so that the soil is always moist especially in hot weather.**

Your plants will be ready to eat about 4 weeks after you planted them but each plant will only have enough leaves to last a few weeks so if you want to eat rocket through the summer and into autumn you can sow more seeds every 4 weeks.

If you find growing rocket easy try growing other types of lettuce or spinach – its just as easy!

Harvesting

Rocket leaves taste best when they are 8 – 10 cm long. Cut the leaves from the plant using scissors.

If you cut the leaves off the rocket plant it will grow more leaves 2 or 3 more times. After that you will need to take the plant out before it gets bigger and too tough to eat.

Rocket leaves will taste best on the day you pick them but you can store them in the fridge in an open bag for 1 or 2 days.

Health Improvement and Development Service, Portsmouth City Council
Floor 1, Civic Offices, Guildhall Square, Portsmouth, PO1 2EP • Tel: 023 9268 8390 • www.hids.org.uk

Printed 2006

Rocket • Rocket • Rocket • Rocket • Rocket • Rocket • Rocket

Portsmouth CITY COUNCIL

Eating Rocket

eating

5 A DAY

Just Eat More
(fruit & veg)

1 cereal bowl of rocket leaves (on their own or mixed with other leaves) counts as 1 portion.

In season May - October

Preparation

Wash the leaves and leave them to dry for a few minutes before using them.

How can I use my rocket?

You can eat rocket in salads along with other lettuce leaves or to add taste to other cold dishes such as pasta salads. Rocket can also be cooked in soups just like spinach or watercress.

Rocket & Tuna Salad
Serves 4

Ingredients

- A handful of rocket leaves
- 1 bag of mixed salad leaves (or your other home-grown leaves)
- 1 small tin tuna in spring water or in brine
- 2 dessertspoons white wine vinegar
- A pinch of sugar
- ½ teaspoon Dijon (or other) mustard
- 4 dessertspoons olive or corn oil

Method

1. Open tin of tuna and drain off brine or water. Flake the tuna into in a large serving bowl with a fork.
2. Place the rocket and salad leaves into the bowl.
3. Beat the vinegar, sugar and mustard in a small bowl until the sugar dissolves. Gradually beat in the olive oil until creamy and thoroughly mixed.
4. Pour the dressing over the salad and toss thoroughly.

Serve:

Serve with:
- Crusty bread or garlic bread as a light meal.
- Main dishes as a side salad.

Rocket • Rocket • Rocket • Rocket • Rocket • Rocket • Rocket • Rocket

Design: Odyssey Graphics 023 9281 4020

HEALTHY PORTSMOUTH