How to...Grow Carrots



Peat Free Compost, Containers - can reuse pots,

Plastic Tray - with no holes in the bottom, Cardboard Tubes,

Seeds, Water and Labels.



Collect your equipment - compost, seeds & containers.



Cut your cardboard tubes to fit into your container. Fill 3/4 with compost.



Take a pinch of seeds and sprinkle a couple into each tube.



Cover each tube with a little more compost and give them a good watering.



Pop the container into a plastic tray with no holes. Label your container with name & date.



Place container & tray on a warm windowsill. Give a little water in the tray when needed.



Seedlings will appear 2-3 weeks. When strong enough transfer to bigger pots



Spread them out - make sure your soil is stone/lump free.
Place in a sunny spot.



Ready to harvest after 14 weeks as baby carrots or leave to grow bigger.

Produced by Public Health Nutrition Team, NHS Forth Valley, April 2021. For Recipes Visit - www.nhsforthvalley.com/nutrition