How to...Grow Leeks



You'll Need: Peat Free Compost, Containers - can reuse pots,

Plastic Tray - with no holes in the bottom,

Seeds, Water and Labels.



You will need seeds, compost, container, plastic tray, labels and water.



Make sure there are holes in the bottom of the container and half fill with compost.



Take a pinch of seeds and sprinkle on top of compost. Cover with more compost.



Water the top until water runs out of the bottom. Label the container with date & produce.



Place container into a tray and put on warm windowsill away from direct sunlight.



Regular small amounts of water given from below, helps to build strong roots.



When 6cm in height you can transfer to outside pots or beds.



Give them plenty of space to grow. Continue to water during dry spells.



Ready to harvest: September right through to Spring.

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