

# Hello,

**Spicy Salad  
food growing  
kit**

Welcome to your #LancWestGrowsBest Spicy Salad food growing kit kit. Growing your own food saves money, cuts down on carbon and it's so satisfying to watch as your seedlings start to sprout!

This kit has been specially designed to help you create your own mini salad garden, so that whatever your space and whatever your experience, you can grow your own delicious food at home.

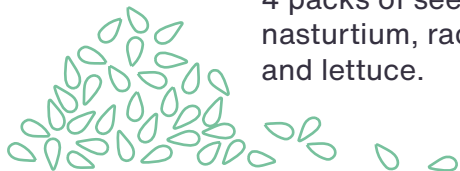
**This booklet is printed on recycled card!**



**You're part of something exciting!**

#LancWestGrowsBest is a brand new initiative all about supporting residents of Lancaster West Estate to grow, eat and share delicious food right here on the estate.

# In this kit you'll find...



4 packs of seeds: chives, nasturtium, radish, and lettuce.

2 pulp trays - a home for your salad.



You can pick up free compost to fill up your pulp trays from Robert in the Tea Garden.



Inspiration for making your own plant pots.

Recipe ideas for when your salad is ready to eat.



All of the seeds in your kit are ready to be planted right now. Take a look at the back of the seed packet for more growing information.

# Make your own plant pot

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We've given you a couple of pots, but you'll need one or two more to plant all your seeds.

Plant pots can be expensive and are often made from plastic. You can make your own from things at home, like biscuit tins, cans or tubs.

Add drainage holes to prevent soil from becoming too wet, which can drown your plant or make it go mouldy. Add small stones or broken crockery for drainage.

Place your pot on top of a plate or saucer to avoid creating a mess when watering your plants.

Decorate with colourful paper, paint or buttons to create a pot that's uniquely yours.

**What will you use as a plant pot?**



# Recipe ideas

## Chives

These gorgeous herbs not only look and taste good, but pop them outside and their bright purple flowers attract bees and butterflies, helping us take care of our local mini-heroes.

Add your chives to our special alternative to guacamole using peas - it's peacamole!



Find the recipe at:  
[www.hubbub.org.uk/peacamole](http://www.hubbub.org.uk/peacamole)

## Nasturtium

Wondering why we've put flower seeds in a food growing kit? Well, these gorgeous nasturtiums are a treat for the eyes and the belly!

Stuff them with cheese, slice them up in homemade dips, or use them to brighten up any salad!



# Recipe ideas

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## Radish

A vibrant, crunchy vegetable with a hint of spice.

Radishes add bursts of flavour to any salad, or if you're feeling adventurous you could make your own kimchi!



Find the recipe at:  
[www.hubbub.org.uk/kimchi](http://www.hubbub.org.uk/kimchi)

## Lettuce

This salad staple needs no introduction! Once fully grown, cut off leaves as you need them and watch them grow back like magic.

Try out this simple but effective fattoush recipe and use up your old bread at the same time.



Find the recipe at:  
[www.hubbub.org.uk/fattoush-salad](http://www.hubbub.org.uk/fattoush-salad)

# Be part of the community

Join your neighbours in the **#LancWestGrowsBest** online community and share progress on your plants, swap cooking tips, and **enter monthly competitions** to win more gardening goodies!



**Scan here to learn more!**

Or search 'LancWest  
Grows Best' on Facebook.



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