

Grow Your Own... Crudités

Vegetable crudités

Time: 5 minutes

Difficulty: Easy

Equipment list

- Chopping board
- Vegetable peeler
- Chopping knife



Method

Crunchy crudités, raw vegetables sticks, are a perfect addition to a picnic.

Carrots should be washed and sliced into sticks, or served whole if they're very small.

Sugar snap peas and radishes can be washed and eaten whole.

Serve with dips like hummus, salsa, tzatziki or a delicious broad bean dip (above)

Growing your carrots

When to start: Mid-February to early May for early sowings (and to avoid Carrot Fly).

Sow

1. Fill deep containers with moist crumbly compost that is free from lumps and stones.
2. Water the compost prior to sowing as carrot seeds are tiny and can easily get displaced.
3. Sow seeds sparingly on the surface and cover lightly with compost.

Grow

4. For an early maturing fun crop, sow Atlas Paris Market, round smooth roots can be harvested when they are 3cm in diameter. They are suitable for small spaces and shallow containers too as they are not deep rooted and can be grown in a basket.

Eat

5. Harvest carrots when they are large enough. Slide a hand trowel under the roots accompanied by a gently tug on the growing foliage of the carrot for a satisfying extraction.

Top tip To stop carrot fly use 60cm high fleece barriers: www.gardenorganic.org.uk/faqs/carrot-fly

Growing your radishes

When to start: Late April to mid-May (to harvest mid/late June)

Average time to harvest: 3-6 weeks

Radishes are easy to grow in containers outdoors.

Sow

1. Fill container with moist compost and firm gently.
2. Sprinkle seeds evenly over the surface, 2-3cm apart.
3. Cover with a 0.5cm layer of compost. Water well.

Grow

4. As the seedlings grow, regularly and evenly pull out a few to give the remainder more room to grow. Eat these 'thinings' if they are large enough.

5. Repeat until the plants are about 5cm apart.

Eat

6. Pull up radishes when small (from the size of a five pence coin) as bigger roots



Did you know..? Egyptian cave paintings from around 2000BC show what are thought to be purple carrots. Orange varieties were not developed until the 16th century.

Growing your sugar snap peas

When to start:

Mid to late March (to harvest mid/late June)

Average time to harvest: 10-14 weeks

Varieties:

Choose mange tout or sugar snap

Sow

1. Fill containers with moist compost and firm gently.
2. Plant seeds 0.5cm deep, 2cm apart.
3. Place on a windowsill indoors. Water well.

Grow

4. When seedlings are 12-15cm high, transplant into the garden. Alternatively, sow seeds directly outdoors in a sunny site.
5. Support pea plants, for example using a teepee of bamboo sticks surrounded by chicken wire.
6. Water regularly in hot weather.

Eat

7. Harvest pods when 7.5cm long, just as the peas are starting to develop.