

Grow Your Own... Sandwich Fillings

Sandwiches and healthy wrap fillings

Grow cut-and-come-again lettuce, salad leaves, cress and pea shoots for a healthy addition to picnic sandwiches and wraps.

Try some of the following:

- Broad bean dip (above) with mixed salad or cress
- Egg or tuna and cress sandwiches
- Cheddar cheese, chutney and salad leaves/pea shoots
- Ham, tomato and salad leaves
- Bacon, lettuce and tomato
- Black bean, avocado, tomato and salad until smooth.



Growing your pea shoots

When to start: Mid-May to early June
(to harvest mid/late June)

Average time to harvest: 3-6 weeks

Sow

1. Fill containers with moist compost and firm down gently.
2. Scatter a handful of dried peas over the soil surface, 1-2cm apart.
3. Cover seeds with 2cm of compost. Water well.

Grow

4. Place containers in a sunny spot outdoors, or grow indoors on a windowsill.
5. Keep soil moist but not soaking.

Eat

6. When pea shoots are 8-10cm high, snip them off at the base of stem using scissors. Use in salads, sandwiches and stir-fries.

Growing your salad leaves

When to start: Early April to early May
(to harvest mid/late June)

Average time to harvest: 4-12 weeks

Sow

1. Fill containers with moist compost and firm down gently.
2. Sprinkle salad seed over the soil surface.
3. Cover seeds with 0.5cm of compost. Water well.

Grow

4. Keep soil moist; plants in dry soil produce tough or bitter leaves and may flower early ('bolt').

Eat

5. Cut seedlings to 2.5cm when plants are 10cm tall (plants regrow many times).

Growing your cress

When to start: Mid-June
(to harvest mid/late June)

Average time to harvest: 4-7 days

Sow

1. Fill containers with moist compost and firm gently.
2. Sprinkle cress seeds across the surface of the soil.
3. Cover with a damp paper towel.
4. Place containers on a windowsill.

Grow

5. When seeds begin to sprout, remove paper towel.
6. Keep soil moist.

Eat

7. Use scissors to harvest cress after 3-5 days when seedlings are roughly 5cm tall.
8. Eat straight away; add to salads and sandwiches, or use as a garnish.