

How to Sow Seeds

It's simple, just follow the instructions below and consult the seed packet for individual varieties:

- **Prepare the soil** - mix a handful of 2:3:2 fertilizer per square metre and work it into the top 20cm of soil
- **Fine seed** - mix with soil or seedling mix first and sprinkle over soil surface
- **Bigger seeds** - plant them twice as deep as their size
- **Compact the soil** - press down gently to hold seeds in place
- **Water** - use a gentle spray (fine nozzle) to avoid displacing any soil and seeds
- **Keep moist** until the seeds begin to germinate

Ready-to-Sow Seeds

While there is a wide range of veggies available at the garden centre to plant immediately, there are some varieties that prefer to be sown directly into the ground.

If carrots are sown in seedling trays the long tap root touches the bottom of the tray and causes the development of a deformed carrot. Sow the seed in situ and thin them out once they have germinated and developed the first mature leaves.

Watercress is an aquatic or semi-aquatic plant and grows extremely fast. The germinating seeds can be harvested soon after germination as sprouts, while the leaves can be picked to add peppery flavour to salads and sandwiches.

Large seeds like those of beans, squashes, mielies and peas are best placed directly where they should grow. Sow runner beans about 20cm apart around a wigwam. When the plants grow they can be encouraged to climb up the poles.