

## Pot Luck Plant Guide

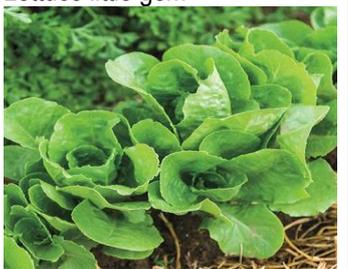
Find your plant here to help you care for it. Some plants need a lot of space. If you'd like, bring yours back to our Edible Garden & we'll plant it there for you. You can swop it for a new Pot Luck kit.

Plant name	Size guide	Can you eat it?	Growing info
<p>Nasturtium</p> 	<p>Height is from about 20cm to much bigger than that! It depends which type you have. Some are short and bushy, some climb and some trail. They can spread very wide. You can trim to keep it tidy.</p>	<p>Leaves and flowers can be used in salad, as a cooked vegetable or as decoration. You can pickle the seeds. Nasturtium means 'nose tweaker'. Maybe that's a clue to the taste?</p>	<p>Try growing either inside or outside. Nasturtiums like a lot of light and flower better in sun. Give it support or put it in a hanging basket if necessary. Some will climb up other plants.</p>
<p>Sunflower</p> 	<p>Height from 30cm to nearly 4m! You may need a much bigger pot or some ground outside to plant it in.</p>	<p>Sunflower seeds are a popular snack. Let the plant flower and then let the seeds develop. Save some to grow next year and eat them raw or put them in cakes, salad or bread.</p>	<p>Sunflowers need a lot of sun and like to be outside in the ground. You can also try a pot. Slugs and snails like sunflowers so wait till it is bigger and more hairy to put outside. It may need support. Inside, wobble the stem or blow on it to help the stem grow strong.</p>
<p>Chives</p> 	<p>Height 20-30cm. Will form clumps and spread if happy.</p>	<p>Chives are related to onion and garlic. You can eat all parts of the plant. Snip the leaves leaving a 2cm stump so that it keeps growing back.</p>	<p>Chives grow inside or out in pots or in the ground. Keep them watered. They may go dormant (have a rest) if it is too hot, then grow back again, every year!</p>
<p>Squash</p> 	<p>Squash are large plants which like to climb out and up! There are many different kinds and your Pot Luck squash could be one of at least 3... It can easily grow much taller 1m and as wide.</p>	<p>You can eat the leaves, flowers and of course the fruit, which is the squash, including the seeds. Save some seeds to grow next year and/or toast in the oven, split and munch!</p>	<p>If you have room for a very large pot (45cm or bigger) you can try and grow inside. Pollinate the flowers yourself if you want to the plant to produce squash.</p>
<p>Rainbow chard</p> 	<p>Chard can be grown for mini leaves and kept small in a tray, or let it grow to bigger to 60cm+ in a large pot or the ground.</p>	<p>Use smaller leaves for salad, larger leaves as a vegetable. Remember to eat the stalks, which need to be cooked a little longer than the leaf.</p>	<p>Chard can grow in partial shade but the sunshine shows off its jewel-bright colours. Keep it well watered.</p>

What has worked well for you? Let us know your growing tips @Nature\_columbia  
If you can't see your plant here, what could help you find out what it is?

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<p>Basil</p> 	Our Pot Luck basil probably grows to about 30cm. There are many kinds of basil and lots of different sized plants.	Basil is a aromatic and delicious herb. It is used in many dishes, eg pesto.	Basil likes a sunny spot inside or outside. Keep it inside until after any possible frosty weather. It likes to be watered in the morning. Snip off the tops of plants to use to keep the plant bushy.
<p>Pot marigold</p> 	Pot marigold, also known as calendula, can grow up to 80cm tall.	Flowers and leaves are edible.	Marigolds like sun or partial shade. They don't like soggy roots. Pinch out the tops to get a bushier plant.
<p>French marigold</p> 	Our French marigold grows to about 25cm high but some kinds grow up to 90cm.	The dried flowers can be used as a spice.	French marigolds like a lot of light so after starting them indoors, put them in a sunny place outside if you can.
<p>Dwarf French bean</p> 	Grows to about 45cm high.	The whole pod is eaten and is best eaten when quite young and tender. Older beans left to ripen can be dried and stored. Save some of these to plant next year.	If you have grown your seed inside, your young French beanstalk will need hardening off to finish growing outside. Put the pot out for an hour on the first day, then increase the time outside each day.
<p>Zinnia</p> 	Up to 60cm high & 45cm wide	Zinnias aren't edible. They are often grown to cut to put in a vase.	Zinnias can be sown outside where you want them to grow or started indoors. They can be pinched out at the top for bushy plants and they flower better if supported so they grow straight.
<p>Lettuce little gem</p> 	Up to 30cm.	Little gem is a delicious salad leaf whatever the size. Let one or two of your plants grow bigger to get a lettuce heart by thinning out seedling to eat as a microleaf.	Lettuce is a cool weather plant. It doesn't like hot and dry conditions. Put in a bright place and water well.

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