






# VERTICAL VEG



## Guide to container salads and herbs


### Salads

*Container depth* - most salads will grow fine in 10cm – 15cm soil.




































*Spacing*: Plant between 5 and 15cm apart, depending on desired leaf size. Experiment!

 = 6 – 8 hours plus sun;  = 5 – 6 hours sun;  = 4 hours plus sun

 = easiest;  = easy; ★ = a bit harder

 = edible flowers

✓ = will grow in winter as well as summer.

	Sun	Easy?	Winter?	Notes
Endive & Chicory			✓	Bitter leaves.
Green in the snow, Red Giant, Serifon, Mibuna, Mizuna.			✓	Tasty, slightly spicy oriental leaves. Easy to grow and hardy. Great of mixed salads. Large leaves can also be used in stir fries.
Lambs Lettuce / corn salad			✓	Mild flavoured winter salad crop.
Land cress			✓	Tastes like watercress. Perennial and very hardy.
Leaf radish / purple saisai			✓	Edible leaves (non hairy), tasty & edible root. Attractive pink flowers.
Lettuce			Some varieties	Hundreds of varieties. Some colourful / ornamental.
Nasturtium				Leaves, flowers & seed pods are all edible.
Pak Choi			✓	Choose fast growing varieties. Good in salads & stir fries. NB: Slugs love it!
Pot Marigold				Edible flower petals - tangerine flavour. Leaves inedible. Not to be confused with French Marigolds.
Red orach				Mild flavour, a bit like spinach. Some varieties have vivid magenta leaves.
Rocket			✓	Fast growing, best sown in spring and autumn (goes to seed fast in summer).
Russian kale			✓	Ornamental leaves.
Salad burnet			✓	Cucumber flavour. Ornamental leaves. Perennial.
Salsola		★		Unusual – salty & crunchy, similar to samphire. Seeds can be tricky to germinate - but then grows easily.
Sorrel			✓	Distinctive lemony taste in salads. Can also be cooked – goes well with fish & eggs. Perennial.
Summer purslane				Good summer salad. Succulent leaves.
Texel greens				Unusual and tasty – slightly sweet. High yielding if grown in a sunny spot..
Winter purslane / claytonia			✓	Tiny seeds. Succulent leaf – good contrast to the spicy winter leaves.

**Container depth:** most herbs will grow OK in 10 -15cm soil; rosemary & bay 20-30cm

**Spacing:** most herbs can be grown fairly close together – wider spacings = bigger plants.

**Seed or cutting?** Some herbs are hard to grow from seed – buy a plant or take a cutting.



= 6 – 8 hours plus sun;



= 5 – 6 hours sun;



= 4 hours plus sun



= easiest;



= easy; ★ = a bit harder



= these herbs like to be well watered (you might try several in the same pot)




	Sun?	Easy?	Seed or cutting?	Notes
Basil			Seed	Needs warmth. Doesn't like wet roots at night so water in morning. Best sown when weather gets warm, around early June.
Bay			Plant	One bush will supply as many leaves as you need all year round. Ornamental.
Chives			Seed	Hardy. Will return year after year once established. Edible flowers. Attracts bees.
Coriander			Seed	Roots, leaves and seeds all edible. Goes to seed so sow regularly for constant supply of leaves. Autumn and early spring sowings best. Flowers attract beneficial insects. Green seeds = delicious!
Dill			Seed	Fast growing, prolific herb. Ornamental yellow flowers. Sow regularly for constant supply.
Lemon grass			Cutting	Finely trim base of shop bought stalks and plant in gritty compost in May. Once established plant outside in June / July and harvest in September.
Lemon Verbena			Cutting	Wonderful herb for tea - tender bring in over winter.
Lovage			Seed	Vigorous herb, celery flavours.
Mitsuba			Seed	Also known as Japanese parsley - grow like parsley.
Parsley			Seed	Seeds slow to germinate but easy to grow once established. Biennial.
Rosemary			Cutting	Dwarf varieties available for pots.
Mint			Cutting	Many varieties – taste at Garden Centre. Moroccan & Garden mint are good for cooking..
Savory			Plant	Old British herb, goes well with pulses.
Tarragon			Cutting	French tarragon is superior in flavour to Russian tarragon.
Thai Basil			Seed	Similar needs to normal basil.
Thyme			Cutting	Many varieties – taste to find one you like.
Vietnamese Coriander			Cutting	Easy and prolific oriental herb – pungent and unique flavour (different to normal coriander). Tender: bring inside before first frost.



For more free advice on container growing, subscribe at [www.verticalveg.org.uk](http://www.verticalveg.org.uk)

# VERTICAL VEG

## Guide to the best container veg

### Key

 = need 6 – 8 hours plus sun;  = 5 – 6 hours sun;  = 4 hours plus sun

 = easiest;  = easy; ★ = a bit harder

No/ pot = suggested number of plants you can grow in a 40cm x 40cm container. <sup>1</sup>

Cont. depth = *Minimum* container depth cm. <sup>2</sup>

**Bold** = highest yielding container crops.

	Sun?	Easy?	Weeks to Maturity	No/ pot	Cont. Depth	Notes
Aubergine		★	20	1	20	Needs early start, sheltered spot & lots of sun.
Beans, broad		★	16	8	20	Hard to get good yield from containers.
<b>Beans, French</b>			10	8	20	Use climbing varieties to maximise space. Attractive flowers.
<b>Beans, runner</b>			10	8	20	Needs plenty of water. Orange flowers – ornamental & edible.
Beetroot			12	16*	25	*For baby beets & leaves, less for large beets.
Broccoli, Chinese			9	6	15	Fast growing alternative to UK broccolis
<b>Cabbage, Chinese</b>			9	4	15	Fast growing alternative to UK cabbages
Carrots, finger			14	16*	20	*Baby or finger carrots best in small spaces. Young leaves are edible.
Chard, bright lights			10	4	20	Ornamental. Versatile - use in salads or cooking, grows in summer & winter
Chilli		★	24	3	20	Need early start and lots of sun.
Courgettes / summer squash			10	1	25	Need big pots, feeding, & plenty of water & sun. Edible flowers. Climbing varieties available eg Tromboncino.
Cucumber		★	12	2	20	Grow climbing varieties. Some varieties need pollination. Check.

<sup>1</sup> Figures adapted from the Earthbox growing guide, Square Foot gardening by Mel Bartholomew and Vertical Veg experience.

<sup>2</sup> Minimum container depths taken from The Edible Container Garden by Michael Guerra

	Sun?	Easy?	Weeks to Maturity	No/pot	Cont. Depth	Notes
Fennel			14	6	20	Edible leaves & bulb. Ornamental.
Garlic			36	9	15	Slow grower – grow with salads to maximise space.
Kale / cavolo nero			16	3	20	Great winter crop. Ornamental leaves.
Kohlrabi			10	4	15	Purple varieties available.
Leeks, baby			12	16	20	Good alternative to adult leeks that take 25 weeks.
Mooli			12	8	25	AKA white radish. Useful winter crop. Edible leaves and root.
Onions, spring			12	16	15	Good companion for carrots. Purple varieties.
Peas, podded		★	14	8	15	Hard to get a worthwhile yield from containers.
Peas, mange tout / snap			14	8	15	Higher yielding alternative to podded peas. Attractive flowers.
Peppers			24	3	20	Choose an early ripening variety. Need warmth.
Potatoes, early			13		40	Grow in large pots or sacks. Choose 1 <sup>st</sup> or 2 <sup>nd</sup> earlies. Water & feed well.
Radish			5	16	10	Fast & prolific. Good 'catch crop'. Leaves edible (if rather hairy).
Spinach			8	6	20	Beat spinach easier than true spinach.
Squash, Winter			14	1	25	Need big pots & feeding, Most are good climbers – trail up a sunny wall.
Sweetcorn		★				
<b>Tomato</b>			18	1* 3**	20	Brilliant container crop but prone to blight. Choose early ripening variety. * = vine or bush ** = baby tumbling
Turnip			8	12	20	Baby turnips are most effective use of small space.

In theory any plant can be grown in a container, but some are less suitable due to size or the length of time they take to mature. These include:

- Artichokes – Jerusalem and globe
- Large brassicas: broccoli, brussels sprouts & cauliflower
- Large root crops like parsnips and celeriac.

### More information

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