

Future Garden GROWING TOMATOES

TOMATOES

This edible berry is often used in cooking. The tomato is a nutrient dense super food, offering a range of benefits, from healthy skin, weight loss and heart health.

Vitamin A

Vitamin C

Lycopene

Potassium

High Fibre

WHEN:

Plant	February - March
-------	------------------

Harvest	June - September
---------	------------------

WHAT YOU NEED:

Tomato seeds	Planter bag
--------------	-------------

33cl 9cm pots	String
---------------	--------

Training sticks	Propagator (opt)
-----------------	------------------

Compost (multi)	Growhouse (opt)
-----------------	-----------------

key : opt = optional

ENJOY:

Cherry	Off the vine
--------	--------------

Plum	Pizza/ Pasta
------	--------------

Medium	Salad
--------	-------

Beefsteak	Sandwiches
-----------	------------

1 Sow



Prepare your small pots with soil.

Add a few seeds per pot, cover with compost & water.

Cover with card and leave on a windowsill.

After 7-10 days once the seedlings appear remove the card.

Thin out the 2x weakest seedlings, leaving the biggest to grow on.

2 Replant



When your tomato seedlings reach 10cm, plant them on to 15l pots.

Use fresh compost and water the fast-growing plants every day.

Once the plants reach 20 cm, harden off outside for a few hours a day for 7-10 days.

If you're using grow bags, plant up to 3x tomatoes per grow bag.

3 Outside



If using grow bags, cut 3x holes, 30 cm apart. Plant the tomatoes in the grow bag. Cut the base out of 3x 15l round plant pots and place them over the plant, then backfill the pot to the lowest leaves. Top up the pots as the plant grows. Tomatoes are fast-growing, hungry plants. They'll quickly root into this extra pot, to fill the entire media. Secure vine tomatoes to a structure using string. Tomatoes are ready to eat when they're ripe, and turn red.