

# grow your own Carrots



## Quick Guide

### SOIL

Prepare the soil by digging in some sand & removing any stones. The less lumpy the soil the better as it will allow the carrots to grow straighter. Carrots grow well in a raised bed, but it is not essential.

### SOW

Aim to sow the seeds in Spring after the last frost. This involves a bit of guess work, but is usually late March to April. Do it when the weather becomes warmer & you feel like going outside more. If you have bought seeds the pack will guide you as to the best time to sow the variety you have purchased.

Dig shallow trenches (2cm deep) & sprinkle with compost.

Sow carrot seeds evenly along the trenches. We try to sow them quite thinly to minimise thinning later on. Cover the seeds with top soil & water.

### PROTECT

Cover with netting raised to approx. 20cm using sticks or bamboo. This stops birds stealing your seeds & cats using it as a poop tray!

Sprinkle with organic slug pellets.

### WATER & CARE

Water the seeds regularly during dry spells. Avoid watering late evening as wet soil at this time encourages slugs. Thin if they seem too close together to grow into carrots. The further they are spaced apart the larger they can grow.

### HARVEST

They should be ready to Harvest in Autumn. You can leave them in the ground until you need them, but they will start to rot if left too long.

### SEED SAVING

if any of the carrots flower, the carrot will not be edible. Allow the flower to turn to seeds, collect them & save in a dry place to plant next year.

### EAT

Grate & put in a salad. Make crudites & dip into houmous. Make into Carrot Soup

#### *Quick Recipe*

### Carrot Soup

Chop an onion, Fry in a saucepan in butter & a little oil until soft. Add a tsp of chopped fresh ginger. Peel & roughly chop 6 large carrots. Add to the onions. Add 1 pint of vegetable stock & a tsp of marmite (for vitamin B12). Add a tsp of local honey if you like it sweet. Bring to boil. Simmer for 20 minutes. Add salt & pepper to taste. Liquidize.