

# Planting Leeks

Let's grow our own  
superhero vegetables



 British Leeks

# Preparation – you will need:

- Suitable containers
- Compost
- A ruler and pencil
- Seeds
- A watering container

# Containers:

Old toilet roll tubes are perfect as they are **biodegradable**, which means you can plant the seedlings outside when they are big enough without taking them out of the container.

**What other things could we use?**

# Fill the containers:

- Before you add compost, make sure there are drainage holes in the bottom of the container. If there aren't any, you will have to make some.
- Add the compost and press it gently down using your hands.

# Planting:

- Use the ruler to measure 1cm on your pencil
- Use the pencil to make a hole 1cm deep in the compost
- Place two seeds in the hole and cover over, pressing the compost down gently but firmly
- Water the container carefully

**Repeat for all your seeds and  
containers then wait to meet...**



**Don't forget...**

Now wash your hands!

# The Incredible Edible Leek

- ✓ Yummy
- ✓ Good for your tummy
- ✓ Grown in Britain
- ✓ Seasonal

