



## Grow Your Own

### Tomatoes

Tomatoes can be grown indoors or outdoors. How you grow your tomatoes will depend on where you choose to grow them. As the sun is out, the Kids Country team decided to plant their tomatoes outside.



#### Here is what we did:

1. Fill the pot with peat-free multipurpose compost or soil from your garden. press the soil down gently
2. Lightly water the soil to settle it
3. Sprinkle the seed gently into the pot - space them evenly and don't sow too many as they'll need room to grow. We planted our seeds inside an empty egg carton and we planted one chopped tomato in a large yogurt pot!
4. Cover the seeds with a thin layer of compost
5. After a few weeks, you should see sturdy seedlings. They are now ready to be potted separately!
6. Tease and gently push the root out of the pot using a pencil. Use the leaf to pull the plant out, taking care not to touch the stem.
7. You can now transplant your tomato plant into a larger pot

**Sow:** late March to early April

**Harvest:** July to September

**Top tip - Plants might take a while to acclimatise, especially if it's still cold outside. You can leave your plant outside during the day and bring it in again at night for the first three weeks.**

Remember to check our [Facebook](#) and [Twitter](#) page to see how our plants are growing and don't forget to send us photo updates from your garden!