

# A Taste Of Italy

## Planting Instructions

### Sow indoors March – May

Fill plant cell half way with the prepared coir. Add 2 seeds per cell and cover over with the remaining coir. Place in a warm sunny position and water when needed. The coir should be damp to the touch but not waterlogged. When seedlings are large enough to handle they can be transplanted in to larger pots.

### Spring Onion

Harvest spring onions approx 12 - 14 weeks after sowing.

### Tomato

Harvest fruit from July to September or when fruit turns red.

### Basil

Harvest approximately 16-18 weeks after sow date.

### Bell Pepper

Harvest from July to October when fruit is firm to the touch.

### Coriander

Harvest leaves approximately 14-16 weeks after sowing.

## Spring Onion

### White Lisbon

- Fast growing
- Also know as a scallion
- Integral to many Italian dishes



## Tomato

### Moneymaker

- Most popular type of tomato
- Perfect for making tomato based sauces
- Used in Italian kitchens since 16th century



## Basil

### Sweet Genovese

- Basil is an essential herb in Italian cooking
- Can be dried and kept for up to 2 years
- Pairs perfectly with fresh tomatoes & tomato sauces



## Bell Pepper

### California Wonder

- The original sweet bell pepper
- Taste different based on the colour when you harvest
- Easy to grow



## Coriander

### Chinese Parsley

- Seeds can be turned in to a spice
- Can be dried and stored for up to 2 years
- Stagger planting for year round fresh harvests

