



GROW IT GOOD GUIDE



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Whether you're growing in a garden bed or a kitchen windowsill, this guide will help you get started with something fresh, simple, and satisfying. Herbs and tomatoes are easy to grow and offer big rewards — for your meals, your wellbeing, and the planet.

Why Grow Food at Home?

- It's rewarding – watching something grow is a joy.
- It's sustainable – growing your own herbs and tomatoes cuts down on food miles and plastic packaging.
- It's good for your wellbeing – gardening is known to reduce stress and build connection.

Even better? You don't need a big garden. A sunny windowsill or balcony is enough to get started.

What to Grow

Start with something you'll actually use in your cooking. Here are some easy options:

Herbs:

- Basil – great with tomatoes and pasta
- Mint – ideal for tea, drinks, and desserts
- Parsley – a universal garnish and green boost

Tomatoes:

- Cherry tomatoes – perfect for pots and easy to grow
- Heirloom varieties – fun shapes and colours



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SEEDS OR SEEDLINGS?

Seeds are cheaper and rewarding, but take longer.
Seedlings are easier and quicker for beginners.

You can get both from local nurseries, garden centres,
farmers markets, or even supermarkets.

WHAT YOU'LL NEED

- A pot with drainage holes or space in the garden
- Good-quality potting mix (look for one labelled for edibles)
- Sunlight – most herbs and tomatoes need 6+ hours a day
- A watering can or jug
- Optional: compost or worm castings to feed the soil
- Tip: look out for second hand pots or upcycle something you already have!



HOW TO PLANT

1. Fill your pot about three-quarters full with potting mix.
2. Plant your seeds or seedlings at the recommended depth (usually on the label).
3. Water gently after planting.
4. Place your pot somewhere sunny and protected.
5. Water regularly and check in daily.

CARING FOR YOUR PLANT

- Watering: Keep soil moist but not soggy.
- Sunlight: Aim for 6 hours daily.
- Feeding: Use a natural fertiliser every few weeks.
- Support: Tomato plants may need stakes or cages as they grow.



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COMMON PROBLEMS (AND WHAT TO DO)

- Leaves yellowing? Might be overwatering. Let it dry out a bit.
- Leggy, stretched out growth? Move it to a sunnier spot.
- Bugs? Try a natural deterrent like neem oil or soapy water.

HARVESTING AND USING YOUR HOMEGROWN FOOD

- Pick herbs often to encourage new growth.
- Tomatoes are ready when they're fully coloured and slightly soft.
- Add your harvest to meals, make sauces, teas, or share with friends!



BONUS TIPS

- Try growing from scraps – regrow spring onions or celery from the base.
- Keep a worm farm or compost to feed your soil.
- Save seeds from tomatoes to grow again.
- Share produce with your family or neighbours

DON'T FORGET:

- It's okay to start small. Even one herb on the windowsill is a win.
- Not everything will grow perfectly. That's part of the fun.
- Grow it good. With care and curiosity.
- Keep your costs down by reusing egg cartons for seedlings, and making do with upcycled pots and planters

