



# Growing vegetables indoors

## Guide on how to grow carrots indoors

Growing vegetables indoors is a great way to have a variety of food throughout the year as the seasons do not matter indoors. They will not grow as big as when they are grown in the ground outdoors, but they can add some taste and nutrients to your winter dishes.

### What you need to know

**Vegetables that grow well indoors:** carrots, chillies, Swiss chard, spinach, leafy lettuces, kale, pak choi, radishes.

**Seeds:** they will look different depending on the vegetable you want to grow, some of them will be big while others will be tiny. There will be instructions on the seed pack on how to sow them.

**Location:** they will need to have as much natural light as possible so make sure you place them on a sunny windowsill.

**Container:** the container will need to be big enough for the plant you are growing so it will depend on the size of the plant and how much you want to grow.

**Soil:** use potting mix and, if it does not already contain fertiliser, it is recommended to add a moderate amount of fertiliser to the mix to help the vegetables grow bigger.

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**Timeline:** your carrots should be ready for harvest 60 to 75 days after planting them.

**Container:** the container you use should be at least 20 cm deep and 10 cm wide. Carrots can be sown in their final pot directly, without having to transfer the seedlings from a small pot to a larger pot.

### Step by step:

1. Fill the pot with potting soil, mixed with some fertiliser (the quantity will be indicated on the fertiliser label). With a pencil, make holes about half a centimetre deep and about 5 cm apart. In each hole, put three to four seeds. Cover them with soil.
2. Water the soil and place the pot on a tray on a sunny windowsill.
3. Water the carrots regularly. Once the tops are about 10 cm tall (about 5 to 6 weeks after planting), you can add some fertiliser every two weeks until harvest.

**Harvest:** gently grab the carrots at the top and pull them out of the soil.



## For the young growers

Once you have planted your vegetables, you need to look after them every day. To make sure you do that, make your own calendar on a large sheet of paper. Put it on your fridge or in your bedroom. Check your vegetables every day and put a tick or a sticker when you do. Make a note of when you water the plant by drawing a drop of water or a watering can. You can also make small drawings of what the plant looks like as it grows!