

## How To Grow Your Own Vegetables in a Small Space

If you have a little more room you can have a grow bed, perhaps bought or made yourself from second hand timber. 6ft.by 3ft. is a useful size, perhaps raised on old pallets if you can't bend easily.

To get the maximum out of this divide the bed into squares using string. Sow quick growing crops like lettuce, radish or baby carrots in half of the squares, then 2 to 3 weeks later sow other squares with similar crops. When you have finished harvesting the first lot the second lot will be ready and as you harvest them the first lot of lettuce will be regrowing and so will the carrots which you will have resown. By continually resowing as you harvest you can grow an amazing amount in this small area.



You can use your grow bed more conventionally by planting carrots, turnips, beetroot, lettuces, broad beans, dwarf green beans, cabbages and many other crops in traditional rows or climbing beans on a wigwam.



If you have a small, largely floral garden, you can plant decorative edible plants such as rainbow chard or climbing beans with attractive flowers, amongst your flowers.

Finally, why not get together with your neighbours and share your spaces and skills.