ALLOTINABOX®

SEED HELP

No.1 ROCKET

Our No.1 Rocket Seeds are heritage seeds and yield the most delicious peppery leaves that can be grown and eaten all year round! Our delicious Rocket really adds that summery taste to a salad but also keeps growing on through the winter giving you fresh salad two metres from your plate!

Supermarket salad bags are one the biggest sellers in the vegetable department, but don't compare to homegrown plants that haven't travelling thousands of miles. Food miles account for a large part of our carbon footprint as a nation. Just think a bowl of salad will have leaves, tomatoes and onions from numerous different countries and the travelling attached to it. It really is a a no-brainer to pick your salad in your own house or flat rather than a journey to the supermarket!

It's a great idea to sow these seeds into the container you plan to keep them in as they grow so quickly, so you might want to skip planting them into seed trays. Most Rocket species are pretty hardy, so will grow through the winter and best of started between August and October. These plants are more than happy in containers and will grow well in sun or some shade. Rocket plants like plenty of light but your produce will reduce if they are exposed to extreme heat. These are great salad crops to grow here in the UK all year round as long as they are under a little shade in the summer.

Like most salad crops, Rocket is fast growing and super quick to mature. Because they mature, we recommend sowing little and often so your cropping period lasts longer. These are also 'catch' crops, meaning you can grow them in between other slow growing crops like Parsnips to fill up gaps in your allotment. Despite being winter hardy, Rocket will prosper in a pot kept inside over the winter, rather than under a fleece in your garden or allotment.

Our Head Gardener's favourite Rocket recipe is a simple light lunch of grilled Goat's cheese with courgettes and a Rocket spring salad. For more recipes, visit out 'Harvest & Cook' section.