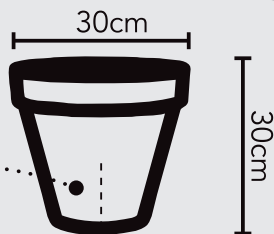


# FACT SHEET growing herbs

**1** Pots or raised planters are ideal for growing herbs.

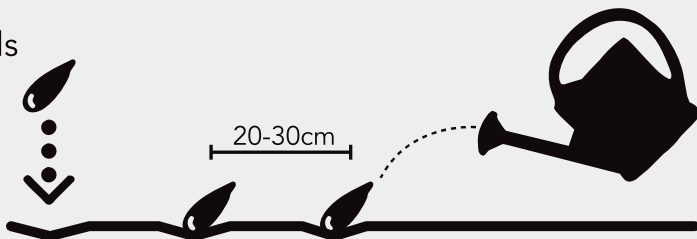
*ensure you have adequate drainage.....*



**2** Prepare the soil.

*if planting in pots use a good quality organic potting mix*

**3** Plant seeds 20-30cm apart.



*tip: pick entire stem segments rather than the leaves. the plant will regenerate quicker*

**4** Pick leaves when the plant is ready to cope with harvest.  
**ENJOY!**