

\*Seeds from organic farming



# BBQ *Party*

– **Instruction Guide** –



Rosemary • Pepper • Thyme • Cherry  
Tomato • Oregano



CERTIFIE PAR  
FR-BIO-01  
AGRICULTURE  
UE/NON UE



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# Content

Your kit contains



5 biodegradable pots



5 marking tabs



Instruction guide



5 peat pellets



5 packets of organic seeds\*.



Free skewers



in PDF + recipe



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# The seeds

In this manual, you will find all the information and advice you need to successfully grow your herbs and vegetables that will accompany your barbecued meats. We have carefully chosen varieties of French seeds, 100% organic and easy to grow, with different scents and flavours to delight the taste buds of your guests!

## ROSEMARY

Rosemary, herb with crowns or even troubadours grass, are among the essentials to flavour your barbecues. Rosemary is both a beautiful shrub and a formidable aromatic plant.



### Cultivation tips:

- Planting is done in spring or autumn.
- Rosemary is a Mediterranean plant that adapts to most regions and that fears excess humidity or a lack of sun much more than the cold.
- Do not hesitate to clean around the root of the rosemary to avoid the presence of weeds.
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## PEPPER

Peppers are the perfect accompaniment to barbecued white or red meat, but also to all types of fish. You don't have to overdo them to sublimate them on the barbecue and to feast on their refreshing taste and their crispy melting texture.



### Cultivation tips:

- Sowing of peppers is done from mid-February to mid-April.
- The harvest period is from August to October, and depending on the maturity, you can get yellow peppers, green peppers or red peppers.
- The colour of the pepper reflects its maturity. The same vegetable will be picked yellow, red or green depending on the time of the harvest and will be more or less bitter or sweet.

## THYME

Thyme is both a beautiful little wall-covering perennial and a wonderful aromatic plant in the kitchen. It is widely used to flavour meat with subtlety.



### **Cultivation tips:**

- Sow from April to June. Tamp the soil well and barely cover the seeds with soil.
- It is best to harvest by cutting the thyme from still green stems.
- Remove dead branches in early spring.

## CHERRY TOMATO

Cherry tomatoes are simply essential to accompany your grilled meals, because of their small size and their very attractive red colour. From sowing to harvest, every maintenance act is important to grow beautiful cherry tomatoes.



### **Cultivation tips:**

- Sowing is done in mid-March at 20°C, behind a well-lit window.
- The harvest period lasts from the end of July to the beginning of October, when the tomatoes have taken their final colour, generally four to five months after sowing.
- It is recommended that you harvest cherry tomatoes as you need them and eat them quickly.

## OREGANO





Oregano is a very aromatic and easy to grow plant. It is ideal for flavouring your grilled meats on the barbecue. Oregano grows naturally and develops an exceptional aromatic quality.



### **Cultivation tips:**

- Sowing oregano is ideally done at the very beginning of spring, around March, under shelter. Oregano should be planted in the ground from the middle of May.
- Be careful never to water in cold weather, as oregano hates the combination of cold and humidity.
- Perfectly hardy (it withstands temperatures below  $-25^{\circ}\text{C}$ ), oregano does not require any winter protection.
- Opt for picking in the morning, because that is when you will retain the best of its flavour.

# The sowing

Seeds					
Instructions					
 Sowing	March to April in a mixture of sand and soil	February to April (16° to 20°C)	March (under cover), transplant into the ground in May	Mid-March at 20°C	April to June
 Watering	When the soil is dry and not excessive	Once a week without wetting the foliage	At the first sign of dryness	Regular, keep the soil moist	Regularly without excess
 Exposure	Sunny, sheltered from the wind	Warm and sheltered place, protect from cold	Sunny, sheltered from the wind	Full sun	Sunny and warm
 Soil	Drained and loose soil	Drained and cool soil	Very well drained soil	Rich, humus-rich soil	Healthy, light, sandy soil
 Harvest	All year round	August to October	All year round	Late July to early October	All year round

# How to carry out sowing ?



1- Fill a bowl with lukewarm water and place a peat disc in it for five minutes.



2 - Once the disc has absorbed the water, wring it out to remove any excess.



3 - Place the potting soil in one of the pots, being careful not to pack it down too much so that the seeds can breathe.



4 - Make a small hole, sow the seeds and cover the hole with some soil. Follow the growing instructions for each seed.

# Recette

## Marinated vegetable skewers



### Ingredients

- 4 small white onions
- 1 yellow pepper
- 24 cherry tomatoes
- 1 small zucchini
- Olive oil
- Provence herbs

### Instructions

Peel the onions and the zucchini (peel every second slice to keep a little skin). Cut and core the pepper. Wash all the vegetables well.

Cut the onions into quarters, the peppers into large cubes and the zucchini into 1/2 cm thick slices, then cut the slices in half. On wooden skewers, prick the vegetables alternately. Place the vegetable skewers in a large box.

Sprinkle the brochettes with Provence herbs and drizzle generously with olive oil. Close the lid of the can and refrigerate for two to three hours. During this waiting time, frequently stir the can in all directions so that the oil and herbs are distributed evenly over the vegetables.

Finally, cook for about ten minutes on a hot barbecue.



# Our products

