

The Kitchen Garden

The Essential Sowing Kit



English Version



Cultivea

*Seeds from organic farming

Summary

•The seeds	1
•Aromatic herbs	1
•Vegetables	3
•Salads	9
•How to carry out sowing?	11
•Indirect sowing	11
•Direct sowing	12
•Recipe ideas	13

This kit contains



10 bags of organic seeds*



3 peat pellets



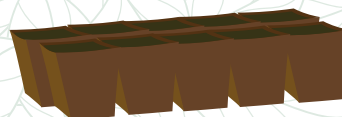
1 bag of natural fertiliser



10 marking strips



1 digital leaflet



20 biodegradable pots

The seeds

Thanks to The Kitchen Garden kit, you can plant your own seeds. We have selected for you 10 varieties of seeds that are essential to start (or not) your own little vegetable garden. This kit contains herbs, vegetables and salads, as well as everything you need to sow your seeds.

Aromatic herbs

Chives



Chives are native to Asia and belong to the same family as leeks and onions. However, chives have a lighter taste and are appreciated both for their flavour and their beautiful colours.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



Sowing can be done outdoors from February to April and indoors throughout the year.



You can plant your seedlings in any type of soil, preferably in cool, moist soil. Fertiliser is not essential for chives, but it is always beneficial.



Water to keep the soil moist until emergence for about two weeks. Water thereafter when the soil surface is dry.



Prefer a sunny position, away from winds, as its stems are fragile.



Cut off the leaves as needed. Cut back from time to time so that the plant can regenerate.

Fresh and lively without being aggressive, the taste of chives adds finesse to all cream-based dishes, eggs, fresh cheese, but also fish and vegetables.



Everyone loves chives, which have the advantage of being able to be used in many dishes. Although it is less at ease with cooked red meats, it provides a fine accent to raw red meats and poultry.

Like most herbs, chives are fragile and can be damaged by cooking: heat causes chives to wilt and reduces their organoleptic qualities. It is therefore preferable to add it to your dishes at the last minute and off the heat.

Basil



Native to India, where it has been known for thousands of years. Its name comes from the Greek "basileus", which means king.

A herb used as an aromatic, the large green basil is the most used of the basil plants and will be perfect to accompany your dishes

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



You can sow your seeds all year round indoors and outdoors when the frosts are over, usually around the end of May.



Basil likes rich, slightly cool soil.



Water once every 1 to 2 days depending on the heat, preferably in the morning.



Prefer a sunny position, away from winds, as its stems are fragile.



Harvest as needed, cut off a leaf for quick and immediate use or cut off the entire stem to encourage new growth.

Basil is a very fragile herb that spoils when cooked and wilts very quickly over time. It should therefore be used quickly after being picked, even if it means processing it for better consumption.



It goes very well with pasta and sunny vegetables: peppers, tomatoes, courgettes and aubergines. The same goes for fresh cheeses (goat's cheese, mozzarella, brousse or ricotta), tomato-based sauces or dressings made with olive oil and/or lemon.

Grilled or simmered fish and white meat also go well with basil, as do eggs or, more original, sautéed beef.

Vegetables

Carrot



The carrot was domesticated in the East as early as the 10th century. In the Middle Ages, the wild carrot had a whitish colour and a rather leathery skin. The carrot was considered an aromatic plant before it was a vegetable.

The carrot could be white, yellow, purple, red or green, but not orange. This colour is the result of a human invention, crossing several varieties. Today, 1 in 5 vegetables purchased is a carrot.

Month	Jan	Feb	Mar	April	May	June	Jui	Aug	Sept	Oct	Nov	Dec
Sowing		█				█						
Harvest						█				█		



You can sow from February to April or from mid-June to mid-July. The seed emerges from 10 to 20 days in soil at 20°C. It is not necessary to sow in a pot, you can sow in the ground directly from mid-June to mid-July.



The carrot appreciates light, cool, loose, soft soil and a mild temperature.



The carrot appreciates regular, light watering to encourage seed set. If the foliage lies on the ground, this is a sign of dehydration, so water your plant quickly.



The carrot needs a lot of sun.



Harvesting takes place 2 to 3 months after sowing, typically June to late September or November to early December.



Carrots can be eaten raw or cooked, steamed or roasted, as you wish. They go very well with peppers, celery and chicken.

Prepare colourful and flavourful dishes with carrots. It goes well with winter dishes such as beef and carrots or summer salads, for example.

Cherry Tomato



The tomato belongs to the Solanaceae family. Originally from tropical countries and the foothills of the Andes, the tomato has only been produced for 150 years for its fruit.

This variety, also known as the red chaperone, is an old German variety that is widely cultivated for its small size and flavour.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec	
Sowing		█											
Harvest			█										



It can be sown as early as the end of January, provided that the seedlings are placed in a well-lit area.



You can plant your tomatoes in any type of soil, but prefer a cool, moist soil.



Watering should be regular, at least 3 times a week.



Make sure that the cherry tomatoes have a sunny spot.



About 60 days after planting.



The cherry tomato can be used as an appetizer, but it can also be used in salads, thanks to its small size. They can also be cooked or used in sauces.

Zucchini



The zucchini, or its Latin name cucurbita pepo, originated in America and was introduced to Europe by the conquistadors.

Two to three zucchini plants are enough to feed a family for a summer.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



In April, sow three seeds per bucket undercover. You can sow outdoors from mid-May.



Zucchini likes cool, light soil.



Water thoroughly, 2 to 3 times a week, but avoid watering the leaves.



Choose a sunny location and plenty of heat in summer.



You can harvest your zucchini 2 to 3 months after sowing, when they are between 15 cm and 25 cm long.



Zucchini is an easy vegetable to cook and can be used in many recipes.

It cooks relatively quickly, you can use it in noodles, slices, pies, sautéing and stuffing for example. It goes particularly well with turmeric and goat cheese.

Pepper



The pepper belongs to the Solanaceae family, which is native to Mexico, Central and South America.

It is a very mild variety of pepper. Peppers arrived in Europe in the 16th century, but it was not until the 18th century that their cultivation really took off.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



The seeds emerge between 8 and 11 days. You can sow from February to mid-March. Peppers can also be grown on a balcony.



Choose a light soil and add fertiliser.



Water regularly, leave the soil always moist.



Choose a place that is very sunny and close to the heat.



Harvest your peppers from June to July, the peppers will turn from green to orange to red.



The flesh of the pepper is thick and suitable for stuffing. It is an indispensable ingredient in dishes such as piperade or ratatouille.

Bring sunshine and colour to your dishes with peppers.

Radish



The Gaudry radish is a fast-growing, rarely digging, all-month radish. This variety is ideal for growing under cover or indoors.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



From April to October, spread the seeds over the entire surface, spacing them 1 to 2 cm apart.

After emergence, do not hesitate to thin out to give the good plants room to develop.



Keep the soil moist until emergence.



Water regularly so that the plant never runs out of water.



In spring and autumn, prefer a south-facing position. In summer, place them in semi-shade.



You can harvest your radishes after 4 to 6 weeks.



Radishes are often eaten raw as an appetizer or in salads. They can also be eaten grilled for variety.

Radish



This old variety has very large, flattened, beef-flesh type fruits, pinkish-red in colour and weighing 200-900 g.

Slightly ribbed at the top. Variety originating from Italy.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



Sow in pots at a temperature of 16-20°C under a well-lit shelter. It can be sown as early as the end of January, provided that the seedlings are placed in a well-lit area.



Light, loose, cool soil.



Water thoroughly at the time of planting. Regular watering without wetting the foliage to avoid diseases



A sunny exposure



Harvest the tomato when it is well coloured, usually 4 to 5 months after sowing



The Napoli tomato is perfect for cooking in a sauce to enhance your pasta and other dishes.

Salad

Lettuce



Lettuce, or *Lactuca sativa* in Latin, is a salad that is easy to grow. It originally comes from the mountains of Kurdistan.

It has been produced and eaten since the first millennium AD. The Romans and Greeks ate lettuce to prepare their stomachs for a hearty meal.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



The sowing of lettuce is indirect. As soon as the first true leaves appear, at around 15 days, you can transplant.

Plant your seeds in the spring, in a nursery from February to March. In summer, you can plant them directly in the field from April to June.

Lettuce will grow in almost any soil, but loose, aerated soil is best. It also requires little fertiliser.



Water regularly to keep the soil moist.



Choose a slightly sunny spot.



6 weeks after sowing, do not pull up the roots so that the plant can grow new leaves. Harvest before your salad grows.



Rich in water, lettuce can be served raw with seasoning, but also braised, accompanied by meats and vegetables.

Oak Leaf



La laitue feuille de chêne est une salade facile à cultiver, toute l'année. Si vous souhaitez récolter vos salades en hiver, il faut penser à protéger vos plants du gel, à l'aide d'une petite serre ou d'un tunnel.

La feuille de chêne réclame peu d'entretien, excepté un arrosage régulier. Elle possède de bonnes qualités nutritionnelles, dont des oligo-éléments, des fibres, des minéraux et des vitamines.

Month	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Sowing												
Harvest												



The sowing of oak leaves is indirect. As soon as the first true leaves appear, at around 15 days, you can transplant.

Plant your seeds in the spring, in the nursery from February to March. In summer, you can plant them directly in the field from April to June.

Choose a loose, cool soil.



Water regularly to keep the soil moist.



Choose a slightly sunny spot.



About 6 weeks after sowing, do not pull up the roots so that the plant can grow new leaves. Harvest before your salad rises.

The shelf life is relatively short. Use with a vinaigrette or as an accompaniment to more substantial dishes.



The oak leaf is a rich and generous salad variety. It can be eaten raw or cooked. It goes well with fish or mixed salads.

How to carry out the sowing?

Direct sowing

Direct sowing means planting the seed directly into the soil, or into the planter. Vegetables such as carrots and radishes are cold-hardy, so it is possible to plant them directly in the ground outdoors despite frosts.

If you are unsure of the climate, we recommend that you use indirect sowing in a pot before planting.



1/ Prepare your soil. Creating mounds of soil is a good method for direct planting. This helps to maintain the structure of the soil throughout the planting period. Between the mounds, create furrows (with a claw or spade) to accommodate your seeds.

2/ Place your seeds in the furrows, spacing them out.



3/ Cover your seeds with soil.

4/Water.

Indirect sowing

Indirect sowing is a growing method that allows plants to grow indoors before transplanting, by planting them in pots. Indirect sowing is particularly suitable for tropical or cold-weather plants, such as peppers, tomatoes and salads.



1/ Fill a large bowl with lukewarm water.

2/ Place the peat pellets in it for 5 minutes.



3/ Once the pellets have swollen: wring them out to remove the excess water. Then add the fertiliser and mix.

4/ Place the potting soil in the biodegradable pots. Be careful not to pack the potting soil too tightly so that the seeds can breathe.



5/ Place your seeds and cover with a thin layer of potting soil.

Recipe ideas

Gingham carrots

Ingredients



- 12 medium-sized carrots (3 carrots for one person)
- 80 g butter
- 15 g sugar or 1 teaspoon caster sugar
- Vichy water
- Parsley and chives
- salt and pepper

Instructions

- Wash the carrots in cold water, then peel them with a vegetable peeler, knife or peeler;
- Cut the carrots into slices and set them aside;
- Melt the butter in a frying pan, then add the caster sugar over a low heat (make sure that the butter is not burnt and that the sugar does not become caramel);
- Mix everything together until you have a light mousse;
- Add the carrot slices and fry them in the pan for a few minutes with a spatula or wooden spoon;
- Cover the carrots with water and season with salt and pepper to taste;
- Cook half covered over medium heat for 20-25 minutes without stirring until the water evaporates;
- Check for doneness using a knife blade, stir the carrots and adjust the seasoning if necessary;
- Wash the parsley and chives and chop finely;
- Add the chopped parsley and chives to the pan at the end of cooking;
- Remove the pan from the heat or continue cooking on a low heat if the carrots are not yet tender enough.



Baked feta and cherry tomato pasta

Ingredients



- 450 g pasta (according to your preference)
- 1 block of 200 g feta cheese
- 560 g or 4 cups of cherry tomatoes (grapes or not)
- 125 ml or 1/2 cup of olive oil
- 1 small chilli or crushed chilli flakes (to taste)
- 3 cloves of garlic
- A few leaves of herbes de Provence
- Salt
- Pepper

Instructions

- Start by preheating the oven to 200°C (gas mark 6/7).
- Pour a little olive oil into the bottom of the ovenproof dish.
- Place the block of feta cheese in a bowl of cold water and leave it to desalinate for about 5 minutes before removing it and blotting it.
- Wash the cherry tomatoes and drain.
- Wash and finely chop the chilli.
- Place the feta, cherry tomatoes and chopped chilli on the baking dish.
- Finely chop or squeeze the garlic cloves and add them to the mixture.
- Pour a little olive oil over the feta, tomatoes, chilli and garlic and season with pepper.
- Place the mixture in the oven for 20-30 minutes until the tomatoes burst and start to soften.
- Meanwhile, boil water with salt in a saucepan.
- Cook the pasta in the boiling water for a few minutes, then drain.
- When the pasta has finished cooking in the oven, remove the tomato branches if necessary.
- Crumble the feta cheese with a fork, then add it to the hot pasta and toss.
- Add the herbes de Provence to enhance the flavour on top of the pasta, feta and tomatoes, then place in the oven.

