

The kitchen garden

Sunny flavours



English version



*seeds from certified organic agriculture

Cultivea

Summary

•The seeds	1
•Fruits	1
•Vegetables	3
•Aromatic herbs	9
•How to carry out sowing your seeds	10
•Direct sowing	11
•Indirect 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 for a summer feast. This kit contains fruits, vegetables and herbs, as well as everything you need to sow your seeds.

The fruits

Watermelon



Watermelon is a fruit native to West Africa.

Although watermelon is 90% water, it is rich in nutrients and fibre. Low in calories and very refreshing, this fruit is very popular in summer.

Mois	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



Sowing can be done in late spring, outdoors or indoors, from March to April.

Transplanting is then necessary in May.



You can plant your seedlings in any type of soil, preferably in moist soil. Watermelons need rich soil, so fertiliser or compost is ideal.



Water to keep the soil moist until emergence for about two weeks. Thereafter, water regularly (once a day), especially during hot periods. However, stop watering a week before harvest.



Watermelons need a lot of heat to ripen. A sunny spot is therefore essential.



Harvesting takes place between July and August. To know if a watermelon is ready to be picked, tap it with your fist: if it sounds hollow, you can pick it!

Using a knife or a pair of scissors, cut the stem. Don't pull the stem, otherwise the fruit will open up.



Watermelons can be eaten on their own or with food. On a skewer or in a salad, this fruit brings freshness and a slight sweet note. Watermelon goes very well with melon, mint and tomato.

Melon



Originally from Africa, the melon was considered a vegetable. Small and not very sweet, it was eaten with pepper and vinegar. Over time, its flavour became more refined and it became sweeter. Thanks to the freshness it brings, this fruit is very popular during the summer months.

Mois	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



Sowing should be done between March and April, indoors or in a heated greenhouse. Transplanting is then necessary 6-8 weeks after sowing.



Melons like rich, cool, well-drained soil.



Water regularly to keep the substrate moist. After sowing, water once or twice a week.



Melons need a lot of warmth and sun during cultivation. A sunny spot is therefore essential.



Harvesting takes place between July and October. Take a knife and cut off the stalk (leaving 2-3 cm on the fruit).



In the summer, melons are perfect for fruit salads and appetizers. With its beautiful orange colour, it will bring cheerfulness to your recipes. For those who like it sweet and sour, combine it with mozzarella and ham.

Vegetables

Aubergine



The aubergine is a vegetable that originated in India. It was in 1750 that it was given the name aubergine, when Louis XIV discovered it for the first time. He was seduced by its beautiful colour, which varied between purple and white. He therefore asked his gardener to grow it.

Mois	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



You can sow from January to April, under cover. If you want to sow directly in the ground, you should wait until mid-May. After emergence, keep the strongest plants and transplant them.



Aubergines need rich, cool, well-drained soil.



When sowing, water so that the substrate remains slightly damp. Afterwards, water every two to three days, especially during dry periods.



Aubergines should be exposed to the sun.



Harvesting takes place from July to October, usually 5 months after sowing. Simply cut the stem.



Aubergines are only eaten cooked. In recipes, it is usually accompanied by other vegetables, such as courgettes, peppers or tomatoes. A key ingredient in ratatouille, aubergines melt in the mouth thanks to their texture. This vegetable is the perfect accompaniment to your summer dishes.

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.

Mois	Jan	Feb	Mar	April	May	June	Juli	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



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.



Harvesting takes place 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.

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.

Mois	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



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.

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 flavor.

Mois	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



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.



Harvesting must be done 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.

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.

Mois	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



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.

Radish



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

Mois	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



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.

Aromatic herbs

Mint



A variety of mint with the highest menthol content, its origin, although uncertain, dates back to the 17th century. It is a cross between spearmint and water mint and is reputed to soothe fatigue and relieve difficult digestion.

Mois	Jan	Feb	Mar	April	May	June	Jul	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



Mint should be planted from March to avoid frost. However, it can be planted at any time of the year when grown indoors.



Mint needs a well-moistened soil.



It is necessary to water the plant as soon as the soil becomes dry. Increase your watering frequency at the beginning of growth and in hot weather.



Mint does not need full sun: a bright, half-shaded corner is a much better location.



Harvest the mint as it is consumed. If you wish to propagate the plants, mint is very suitable for cuttings.



Although mint has a strong taste, its freshness makes it an all-rounder. Whether as a starter with a Lebanese tabbouleh, with chocolate desserts or as an infusion after a meal, mint will find its place in your kitchen.

Parsley



Parsley was already consumed more than 5000 years ago. It has been cultivated in the Mediterranean basin for several thousand years. Parsley quickly became the most widely used herb in the world.

Mois	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Semis												
Recolte												



Parsley should be planted in February in the south, and in March in the north for potting outdoors. In case of frost, it should be covered.



Parsley needs cool, rich, well-drained soil.



When sowing, the soil should always be kept moist. Once the parsley is growing, you can reduce the watering. It is recommended to water twice a week.



This aromatic herb likes to be in the sun, but can be left in semi-shade.



Cut at the base of the leaves, which separate into 3 segments, indicating that the parsley is ripe and therefore ready to harvest.



Flat-leaf parsley is very aromatic, and is best used raw, as its fine flavour changes when cooked. It is the main ingredient of persillade, a mixture of parsley and chopped garlic. It can be sprinkled on meats or vegetables before cooking them, like tomatoes à la provençale.

The Italians add lemon peel to the parsley and garlic to make a condiment called gremolata, which they sprinkle on osso buco. When butter is added to the parsley, the result is a parsleyed butter, which is essential for preparing snails in the shell and delicious on grilled meats.

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

Oriental Tabbouleh with fresh mint

The ingredients



- 200 g couscous semolina
- 10 fresh mint leaves
- 4 tomatoes or a tray of cherry tomatoes
- 1 bunch of white onions
- 1/2 cucumber
- 1 pepper
- 4 tablespoons of olive oil
- A few sprigs of fresh parsley
- A few sprigs of coriander
- 1 lemon
- Salt and pepper

Instructions

- Prepare the semolina by pouring it into a bowl, then sprinkling it with hot water (according to the amount indicated on the packet).
- Wash the lemon and squeeze its juice into a glass.
- Pour 10 cl of lemon juice and olive oil over the semolina and mix with a fork.
- Cover the bowl and leave the mixture to swell (until the water is absorbed).
- While waiting for the mixture to swell, move on to preparing the vegetables.
- Wash the tomatoes, remove the seeds and dice them (in the case of cherry tomatoes, cut each tomato in half).
- Wash the cucumber, peel and seed it, then dice it as well.
- Wash the pepper, remove the seeds and dice.
- Peel the onion, then chop it finely.
- Wash the mint leaves, coriander and parsley sprigs and drain.
- Chop the herbs (mint, parsley and coriander)
- Check if the semolina is ready (it should be barely crunchy).
- If it is, add the tomatoes, onion, cucumber, pepper and herbs to the bowl.
- Add salt and pepper and mix.
- Add a little more lemon juice and olive oil if necessary.
- Put the bowl in the fridge for about 1 to 3 hours to allow the flavours to diffuse.
- Take the bowl out a few minutes before eating to enjoy the full flavour of your fresh mint oriental tabbouleh.



Homemade ratatouille

The ingredients



- 4 medium-sized courgettes
- 2 medium-sized aubergines
- 2 onions
- 2 tomatoes
- 2 red peppers
- 1 clove of garlic
- 2 sprigs of thyme
- 1 bay leaf
- olive oil
- Salt and pepper

Instructions

- Start by washing and drying the vegetables.
- Peel the tomatoes and cut them into quarters.
- Cut the aubergines and courgettes into slices.
- Slice the peppers into strips.
- Chop the garlic clove.
- Chop the onions into rings.
- Heat 2 tablespoons of olive oil in a pan.
- Fry the chopped onions in the olive oil without browning them.
- Remove the onions and set them aside, then fry the courgettes in the oil.
- Remove the courgettes and set them aside, then fry the aubergines (add a little oil if necessary).
- Remove the aubergines and set aside, then fry the peppers.
- Add all the vegetables to a casserole dish and put it on the heat.
- Add the tomatoes, chopped garlic, thyme and bay leaf to the mixture.
- Add salt and pepper and mix together.
- Simmer gently, covered, for 15 to 30 minutes.
- Taste to adjust the seasoning if necessary.
- Serve the homemade ratatouille hot.

